

What you need for a home birth

Your midwife will expect you to prepare well for the birth of your baby by organising to have the following items available well before your due date. Sharing this responsibility with friends and family can be an exciting activity in the months prior to the birth of your baby.

Linen	2 face cloths 2 old bed sheets for after the birth 8 old towels to catch any escaped birth pool water
Receptacles	1 large plastic sheet or plastic shower curtain 1 plastic bucket 4 plastic supermarket bags 1 x 2 litre ice cream container (for the placenta)
Heating	Some form of heating for all weathers Hot water bottle
Lighting	Portable light for checking perineum (100w globe) Candles – yes the power has failed on occasions
Mother	Undies Comfortable t-shirt or pyjamas 1 packet thick maternity sanitary pads 1 packet super pads –moisten 3-5 pads (approx. 2 tbsp water) and freeze 1 thermometer 1 box of tissues or a toilet roll Natural oil for massage High energy drinks (glucose, honey, herb tea, apple juice, glucose tablets) Food – chocolate, lollies, nuts, etc
Baby	Baby clothing, jumpsuits, singlets etc Nappies Wipes 6 -8 baby wraps (bunny rugs, old nappies, soft towels) Warm hat
Extras	Food – keep cupboards well stocked and organise a food roster with friends Have at least 3 meals in the freezer (soup, spaghetti sauce, stew) Mirror for mother to view the birth Music of mother's choice Sieve Straws Useful supports eg, birth ball, beanbags, extra pillows, birth pool and pool liner

In the event of a transfer from home, or if you are planning to birth in hospital, have a bag packed with pads, dressing gown, toiletries and comfortable clothes. Also take your own pillow, bunny rugs and baby clothes with the 'smell' of home to create some familiar references.