

# Midwife360: Home Birth Supply List

## For Any Home Birth

- **Alcohol:** For disinfecting surfaces and objects.
- **Sanitizing Solution:** To maintain cleanliness around the birthing area.
- **Disposable Gloves:** These are for the birthing team to use as added protection against contamination.

## Comfort Measures

- **Birth Ball:** An invaluable tool for labor, a birth ball can help find comfortable positions, encourage optimal fetal positioning, and ease back pain.
- **Heating Pad:** A heating pad can be applied to various areas, such as the lower back or abdomen, to alleviate discomfort and provide soothing warmth during contractions.
- **Massage Oil:** Massage during labor not only helps in relaxation but also aids in pain relief. A quality massage oil within reach allows partners or support persons to provide gentle and effective massage throughout labor.

## Monitoring and Safety Equipment

- **Fetal Doppler:** This handheld ultrasound device allows your midwife or healthcare provider to listen to the fetal heartbeat, providing reassurance that the baby is doing well during labor.
- **Blood Pressure Cuff:** Regular blood pressure monitoring is crucial for promptly detecting signs of preeclampsia or other potential complications.
- **Flashlight or Headlamp:** Adequate lighting is essential, especially if power outages occur or if additional light is needed to assist with the delivery or any emergency procedures.

## For the Birthing Mom

- **Snacks:** Choose easy-to-eat snacks and foods that you enjoy that are protein-rich and carby to provide energy and stamina while laboring
- **Hydrating Fluids:** Labor is like a marathon; you must stay hydrated throughout. Try to get a water bottle with a straw for easy drinking.
- **Relaxation Aids:** Making your birthing space as comforting as possible is essential. Set the mood with dimmed lighting, aromatherapy, and select a playlist of calming music.

## For Water Birth

- A specially designed birthing pool
- A floating thermometer
- A net for catching any debris

## For the Baby

- Clean, soft towels for drying and keeping the baby warm
- A suction bulb to clear the baby's airways if needed
- Sterile scissors or clamps for cutting the umbilical cord

## Postpartum Care for Mom

- Stock up on comfortable clothing and absorbent pads
- Use a peri bottle for gentle cleansing
- Have witch hazel pads on hand for soothing relief