



CAROLE NIGHSWANDER | Registered Midwife

SUPPLY LIST FOR HOMEBIRTH

DISPOSABLES AND MEDICAL SUPPLIES: THESE SHOULD BE ORDERED SEPARATELY FROM, BIRTH WITH LOVE, OUT OF MONTANA. THE NUMBER IS 1800-434-4915. ASK FOR AHMAVINE'S BIRTHKIT. ALSO, YOU CAN ORDER IT ON HER WEBSITE AT, WWW.BIRTHWITHLOVE.COM, UNDER THE ORDER A CUSTOM BIRTHKIT OPTION. ANOTHER COMPARABLE OPTION IS FROM YOURWATERBIRTH.COM.

LINENS:

1 SET OF NICE AND COZY SHEETS
1 SET OF OLDER SHEETS OR SHEETS YOU DON'T MIND GETTING STAINED
1 PLASTIC FITTED SHEET OR A LARGE PIECE OF PLASTIC TO COVER YOUR ENTIRE BED OR A SHOWER CURTAIN
10 RECEIVING BLANKETS TO USE AT THE BIRTH (SAVE YOUR FAMILY HEIRLOOMS FOR LATER)
4-6 WASHCLOTHS
4-6 BATH TOWELS
WITH A WATER BIRTH WE MAY LIKELY GO THROUGH MORE TOWELS AND RECEIVING BLANKETS SO PLAN ACCORDINGLY
PLEASE PRE-WASH ALL LINENS AND SET-ASIDE BEFORE THE BIRTH WITH ALL OTHER SUPPLIES. THEY SHOULD BE BAGGED AND OUT OF THE WAY FROM PETS ETC.... ALSO, THERE IS NO NEED FOR THESE LINENS TO BE BRAND NEW, THEY CAN BE FROM YOUR HOME OR PICKED UP AT THE THRIFT STORE/GARAGE SALES.

SUPPLIES:

1 SMALL UNOPENED BOTTLE OF OLIVE OIL
1-2 HEATING PADS
2 LARGE PLASTIC TRASH BAGS
2 1GALLON ZIP LOCKS
IBUPROFEN 200 MG
1 BOX OF Q-TIPS
1 BOTTLE OF HYDROGEN PEROXIDE
A FEW COTTON TEES OR NIGHTIES FOR MOM TO NURSE IN AND A FEW CLEAN WARM

SOCKS

SPORTS BRA IF YOU WANT TO COVER YOUR BREASTS IN LABOR

BABY CLOTHES INCLUDING; TEES, ONSIES, SLEEPERS, SOCKS, BOOTIES AND

COTTON HATS (AT LEAST 7-10 OF EACH PRE-WASHED AND READY)

AT LEAST 60 DISPOSABLE NEWBORN DIAPERS OR 40-60 CLOTH DIAPERS

(INCLUDING SOME OLD OR USED ONES YOU DON'T MIND GETTING STAINED

WITH

MECONIUM POOP) AND 6-12 CLOTH DIAPER WRAPS

IF AT ALL POSSIBLE, I RECOMMEND ARRANGING A DIAPER SERVICE FOR AT

LEAST THE FIRST MONTH IF YOUR PLANNING TO USE CLOTH DIAPERS. THEY

USUALLY SUPPLY ALL THE CLOTH AND WRAPS.

A COOL MIST HUMIDIFIER FOR BABY

BRIGHT FLASHLIGHT

ACCESS TO GOOD ROOM LIGHTING, TABLE LAMP IF NECESSARY

LIST OF DIRECTIONS TO YOUR HOUSE FROM LOCAL HOSPITAL AREA POSTED

NEXT

TO THE PHONE

LOTS OF EASILY DIGESTIBLE, COMFORT FOOD FOR MOM IN LABOR

YOGURT

BANANAS

SOUP

MISO

HONEY

BREAD

JUICE, GOOD DRINKING WATER, NATURAL SODAS, EMERGEN-C PACKETS

ICE

LOADS OF OTHER FOOD/SNACKS/FROZENS FOR THE REST OF THE FAMILY

AND ALL THE BIRTH ATTENDANTS (VEGETARIAN FOR ME PLEASE)

WORKING CAR WITH GAS IN IT

POSTPARTUM HELP/MEALS FROM FAMILY AND FRIENDS

CLEAN BATHROOM/TUB

LARGE HAND MIRROR IF YOU WANT TO SEE YOUR BABY BEING BORN

CANDLES, FLOWERS, FAVORITE MUSIC WHATEVER WILL HELP MAKE YOU FEEL

COMFORTABLE AND SECURE

CAMERA WITH FILM IF YOU WANT PHOTOS

ANYTHING ELSE TO PREPARE YOUR HOUSEHOLD FOR A COUPLE OF WEEKS

WITH

OUT GOING TO THE GROCERY STORE

GOOD LUCK GOING ON YOUR BABY TREASURE HUNT! AND CONGRATULATIONS

ON

MAKING IT TO YOUR 3RD AND LAST TRIMESTER!!!

YOU ARE BEAUTIFUL!

YOURWATERBIRTH.COM

ADHESIVE MATERNITY 11" PADS - PACK OF 12

QUANTITY: 1

PRICE: \$3.95

2 OZ BULB SYRINGE STERILE

QUANTITY: 1

PRICE: \$1.65

BIRTH CERTIFICATE KEEPSAKE

QUANTITY: 1

PRICE: \$2.75

LARGE STRETCH MATERNITY BRIEF

QUANTITY: 2

PRICE: \$2.50

23 X 24 ABSORBANT UNDERPADS 10 PADS

QUANTITY: 1

PRICE: \$4.56

SYNTHETIC STERILE GLOVES - 12 UNITS

QUANTITY: 1

PRICE: \$4.56

AGA UMBILICAL CORD-RING STERILE

QUANTITY: 1

PRICE: \$1.35

NEWBORN HAT - WHITE

QUANTITY: 1

PRICE: \$1.75

FLEXIBLE DRINKING STRAWS - 1 UNIT

QUANTITY: 4

PRICE: \$0.40

4 X 4 GAUZE - 12 UNITS

QUANTITY: 1

PRICE: \$2.85

PERINEAL RINSE BOTTLE

QUANTITY: 1

PRICE: \$0.80

ALCOHOL PREP PADS - 1 UNIT

QUANTITY: 10

PRICE: \$0.50

HERBAL SITZ BATH - 4OZ BULK BAG

QUANTITY: 1

PRICE: \$6.75

KLEEN-PRINT FOOTPRINTER

QUANTITY: 1

PRICE: \$3.85

40 X 72 PLASTIC BACKED SHEET.

QUANTITY: 2

PRICE: \$1.70

23 X 36 ABSORBANT UNDERPADS

QUANTITY: 5

PRICE: \$3.10

STERILE LUBRICATING JELLY 3 GM - 10 UNITS

QUANTITY: 1

PRICE: \$1.15

TENDERFOOT LANCET

QUANTITY: 1

PRICE: \$5.50

\$49.67 YOU CAN USE MY DISCOUNT CODE: CNIGHSWANDER
FOR AN ADDITIONAL 10% OFF

BIRTHWITHLOVE.COM

NIGHSWANDER, CAROLE BIRTHKIT
\$51

2 HAT-COTTON NEWBORN-REGULAR 100% COTT
1 2OZ BULB SYRINGE
1 DOZ 11" OB PADS
1 BLUE PAD
2 MESH PANTIES
2 PEACH PADS
1 GAUZE TRAY OF 10
1 PERI BOTTLE
2 EMERGEN-C PKTS
1 60 ML DOPPLER JEL
10 UNDERPADS 23X24
10 UNDERPADS 23X36
1 SITZ BATH HERBS/BWL
1 2 MED STERILE LATEX PAIRS
6 STERILE-SINGLES, LATEX MEDIUM
1 LUBE JEL/4 OZ
1 CORD RING
1 ORAL THERMOMETER
2 PLASTIC BACKED SHEETS