

## Supply List for Home birth

1 package maxi pads  
1 paper towel roll  
2 large garbage bags  
1 fitted plastic liner for bed and pillows (Walmart or Target)  
1 Crockpot for herbal compresses  
4-6 wash cloths  
8-10 towels  
2 fitted sheets  
1 gallon size Ziploc bag for placenta  
2 large bottles hydrogen peroxide  
1 small bottle rubbing alcohol  
2 packs Depends underpads that fold out (Walmart, Walgreens, HEB)  
Gatorade and apple juice  
Baby onsie or t-shirt , nightgown, socks  
Baby diapers and wipes  
8 baby receiving blankets  
Herbal bath- you can order online or make your own  
Perineal Ice Packs- fill 3 non lubricated condoms with water and rubbing alcohol  
( $\frac{1}{2}$  and alcohol,  $\frac{1}{2}$  water) Wrap with a couple of paper towels and place in freezer  
Camera or video camera if you want pictures taken

## When you think you may be in labor:

- If it is the middle of the **night**, just rest as long as you can until you can't lay there anymore because it is too uncomfortable.
- 2. If it is **daytime**-go about your normal business and be active, although be sure to take a nap when you feel like it.
- 3. **Prepare the bed.** First, put fitted sheet on bed, then lay the plastic sheet on top, making sure it covers at least the mother's side of the mattress. Last, re-make the bed again with an older pair of sheets (you may want only a fitted sheet) that you don't mind getting stained. After the baby is born it is quick and easy to remove the used sheets and the plastic and have a nice clean bed for you.
- 4. **Eat a large meal** at the beginning of labor-complex carbohydrate and protein-this will give you energy for the work of labor. You may not feel like eating much in late labor, so eat plenty in early labor.
- Drink water-4-8 ounces every hour that you are awake

## Call Holly day or night at 713-548-3161 if:

1. water breaks-pay attention to color-it should be clear like water
2. contractions every 5 minutes last 60-90 seconds for an hour
3. bleeding-red or pink