



VIRGINIA HOMEBIRTH MIDWIFERY

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MIDWIVES WITH A PURPOSE

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BIRTH SUPPLY LIST

MUST HAVES:

- Birth Kit ordered from InHisHands.com
(Go to www.inhishands.com . Click on the birth kits link on the right of the page. At the bottom of the birth kits page enter Rector as your midwife's name – this will ensure that you have selected the correct kit. Click Add to Shopping Cart. Then you may check out or continue shopping...Cost is around \$60.00. **If you are planning a waterbirth please be sure to add a birth tub liner – it depends which tub you have as to which liner you will need, so ask me).**
- Working Car with a Full Tank of Gas
- Arranged childcare
- Clorox Disinfectant Wipes (if you are using the birthtub)
- Bottle of Peroxide or Oxi Clean
- Recharge/Third Wind/Gatorade or Orange Juice - in Mom's preferred flavor - at least 2 bottles
- Maxi Pads
- Honey (the little squeeze bear works well)
- Flashlight with Extra batteries (not LED)
- Olive oil
- Receiving blankets and towels for baby (6 of each is good)
- Heating pad
- 1 large pillow case
- Towels for mom and dad
- Clean linens for your bed for after the birth
- Diapers, wipes and clothing for baby
- Hats for baby (one comes in your birthkit but you will need more)
- One bag of ice and/or bag of frozen peas
- Paper towels & Toilet Paper

- Snacks for birthing team (good ideas are eggs, frozen cheese pizzas, cheese and crackers, microwaveable bean burritos, frozen veggie lasagna, tortilla chips and refried beans – things that are quick and simple)
- Infant car seat – installed and fitted for newborn
- Insurance card and driver’s license near the front door in case of transport.
- Bottle of witch hazel, lavender or tea tree oil

OPTIONAL ITEMS:

- Birth Tub
- Mirror
- Rice Sock (uncooked rice in a long sock)
- For second and subsequent births, afterpains may be a reality. You can use Motrin or Tylenol to help with afterpains or you can try Afterease Tincture by WishGarden Herbs.
- Birthing ball (exercise ball)
- Camera with flash, film and CHARGED batteries
- Video camera with flash, Film and CHARGED batteries
- Tape recorder with extra tapes and batteries
- Someone to work the video camera and regular camera
- Birthday Cake
- Plastic cover for bed (shower curtain works) to protect your mattress
- Soothing Music
- Birth Plan
- Dermaplast Spray
- Arnica 30c homeopathic pellets to reduce swelling during labor/postpartum.