

List of supplies for home birth

Maternity package (the midwife brings this along on the prenatal visit)

- 5 chuck pads
- 1 maternity mattress topper
- 20 maternity pads
- 1 umbilical cord clamp
- 15 sterile gauze swabs
- 1 pack cotton wool
- 2 disposable maternity pants

Supplies

For mom:

- Laundry basket or cardboard box
- Bed with protective topper
- Wide t-shirts
- Comfortable, stretchy underwear
- Towels and wash gloves
- Soap or shower gel
- Good heat source for warm water (22 à 25°C)
- Portable lamp and extension cord
- 1 clean bucket
- 1 big trash bag
- Big glass/plastic/stone bowl (2L)
- Box of tissues
- 2 clean mops/floor cloths (already washed once)
- 10 cotton rags 40x40cm
(Made 'sterile' by washing on hot and steam ironing)
- Floor protection
- Large dish (like an oven dish)

- Low table
- Ice cubes
- Dextrose (grape sugar)
- Massage oil

For baby:

- Big red bath towel
- First outfit (romper with pyjamas or shirt/pants/socks)
- 2 hats
- Changing pillow
- Hot-water bottle of cherry pit pillow
- Diapers
- Baby thermometer
- Made-up bassinet or crib
- Blanket

To discuss

- Place to give birth and place to possibly suture
- Parking spots for two cars
- Suitcase in case of transfer to hospital (toiletries, nightgown, baby clothes, camera,...)
- Babysit for the other children or pets
 - > think of multiple scenarios: during the day/during the night
- Vitamin K, D possibly Rhogam
- GBS screening result

When to call us?

During the day:

- If you've got contractions
- If your water breaks
- If you've got the feeling it could have started
- If you need us!

During the night:

- If your water broke and the amniotic fluid's colour is not clear. Clear amniotic fluid is see-through, white, tinged pink or contains white specks.
Not clear means brown or green.
It's possible your contractions won't start immediately after. Our advice: try to rest until they do and call us in the morning.
- If you've got contractions every 5 minutes that last 45 to 60 seconds.
- If you need us!