

# Home Birth Checklist



## FOR BIRTH

- ☐ 4 old towels and 4 washcloths
- ☐ Box of white tissues
- ☐ 2 unscented trash bags
- ☐ 2 bowls (for placenta and to throw up in)
- ☐ Mirror - 8x10
- ☐ Raw honey and a spoon
- ☐ Oil\* in a squirt bottle
- ☐ Unopened non-citrus juice (grape or apple are good) and electrolyte drink\*\*

## AFTER BIRTH

- ☐ Belly binder
- ☐ After pain tonic if not your first baby
- ☐ Hydrogen peroxide, large bottle
- ☐ 1 package overnight maxi pads
- ☐ Food for everyone, for labor, and after
- ☐ Nipple cream (optional)

## FOR BABY

- ☐ Socks
- ☐ Infant hat
- ☐ Diaper and diaper cover if using cloth
- ☐ Vitamin K, if using
- ☐ 4 receiving blankets
- ☐ Oil for baby's bottom (chemical-free)
- ☐ Baby wipes or a washcloth

## EXTRAS TO CONSIDER:

- ☐ Candles and/or essential oils
- ☐ Cameras and chargers
- ☐ Heating pad
- ☐ Birth ball
- ☐ Relaxing music
- ☐ Watercolor paper for placenta print
- ☐ A gift for your older child
- ☐ Champagne and/or birthday cake

\*Perineal Massage Oil: This blend of essential oils helps calm and relax you in labor and has antiseptic and anti-inflammatory properties. Remember that whatever oil you use will also be applied to your baby's head during birth.

\*\*Homemade Electrolyte Drink: Mix 1/4 cup freshly squeezed lemon juice, 2 cups coconut water, 1/2 tsp pink Himalayan salt, calcium/magnesium: 1 tbsp of liquid or 1 tsp of powder, 2 tbsp of honey. Make ahead and freeze into pops or cubes. Thaw some out when labor begins.

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