

PREPARATIONS FOR BIRTH / ORDERING YOUR BIRTH KIT

You will need the following items to prepare your “**BIRTH BAGS.**” There is **no need to purchase new items!** We encourage you to use what you already have, borrow from family or friends; and even check garage sales and thrift stores for items you need. We have extra linens! *Please let us know if you need anything.*

- mild laundry soap (i.e. *Ivory Snow* or *Dreft*)
- 4-5 standard-size PAPER grocery bags
- a permanent marker (black or blue)
- masking tape or stapler

*** Plan to prepare your “Birth Bags” at least 3 WEEKS before your estimated due date. ***

100% cotton or cotton/polyester blends are most comfortable. We prefer **light-colored** linens (for easier estimation of blood loss). Wash everything in **HOT**, soapy water and dry in a hot dryer or in the sunshine. Fold items small enough to fit inside paper bags. Place folded items in bags in the order listed, *so that the LAST item listed is on the TOP of the bag.* Then fold down tops of bags and seal with tape or staples. Using a permanent marker, label each bag with its number and contents. (You may need to use 5 bags, so please label the fifth bag accordingly.) **Store your birth bags UN-opened in a clean, dry place.** This process, which we consider a ritual in preparation for your birth, provides for clean, ready-to-use linens & clothing at your birth!

BAG #1 (for your bed)

- 2 flat sheets
- 2 fitted sheets
- # of pillowcases needed

BAG #2 (for delivery)

- 2 soft receiving blankets
- 2 soft towels
- 1 flat sheet or large towel

BAG #3 (clean-up)

- 3 or 4 towels
- 4 washcloths
- 2 baby washcloths

BAG #4 (for baby & mom)

- 2 soft receiving blankets
- baby gown & undershirt (Ø “Onsie”)
- cloth baby cap & socks
- 2 cloth diapers
- nursing gown or T-shirt

Additional Items: Please be SURE to have the following:

- 1 roll of plastic drop cloth or 2 flannel-backed tablecloths, (Wal-Mart, Target, Dollar Tree, etc...)
- 1 **LARGE** pack of sanitary pads (long, max. absorbency),**
- 1 Pack, disposable, under pads (protects fabrics),**
- Digital thermometer (with “ready” beep signal),**
- Stethoscope (Walgreen’s)**
- Hydrogen Peroxide (removes blood from carpet & fabric)**
- 2 medium/large-size pots with lids (from your kitchen)
- 2 medium-size plastic or metal bowls (from your kitchen)
- Flashlight & **NEW** batteries (**be sure it works!**)
- 2 or 3 **KITCHEN-SIZE** plastic garbage bags & 1 garbage can
- 1 Gallon-size “Ziplock” Freezer bag (for the placenta)
- **LOTS** of toilet paper!
- 1 **LARGE** roll of paper towels
- 1 package of Baby Wipes
- Diaper pins (Wal-Mart, Target, Dollar Tree, etc.)
- Labor foods & drinks you know you will enjoy !!
- 14 gallon Rubbermaid storage container w/ lid, (ALL your supplies go inside here!)

(** For your convenience, this item is available online, when ordering your Birth Kit!)

HOSPITAL TRANSFER BAG: Pack a small suitcase with:

- Nursing nightshirt/gown/robe
- Slippers or socks
- Nursing bra & underwear
- Personal toiletries
- Going home clothes
- Sweater/coat, as needed

REMEMBER TO...

**Order Your Birth Kit
by your 34th week!**

**See our website:
RichmondMidwife.com**

Click “*Services*” then
“*PayPal & Birth Kit*”

Scroll down to select the kit
of your choice and the one that
best fits your personal needs.

Optional & Helpful Items:

- Herbal sitz baths**
(or purchase from *HBMS*..)
- Electric heating pad
- Camera & film
- Video Camera & film
- Champagne for celebrating!
- CHOCOLATE! ☺

Planning a WATER BIRTH?

Talk to your midwife about your
water birth equipment, supplies, and
the instructions and preparations!

DON'T FORGET !!

- Insurance Card
- Camera & Film
- Phone list
- Cell phone
- Birth Plan