

## BIRTH PREPARATIONS



- Gather birth supplies and pack birth bags (below)
- Sign-up friends and family for meal preparation & delivery for first and second week postpartum, if possible. Foods can be frozen. This is great thing to organize at a baby shower or blessing.
- Buy or reserve birth tub and accessories if desired
- Clean birth room and bathroom thoroughly
- Order birth kit from In His Hands Birth Supplies: 1-800-247-4045 or <http://inhishands.com> (Link is on the Motherbloom home page)

### **Packing for the birth**

Using giant zip lock bags, prepare the following bags of clean items for the birth. Towels and sheets may become stained during the labor and birth so please pack older items that you are not too attached to.

#### Bag 1: Towels

- 8 washcloths
- 4 towels

#### Bag 2: Sheets

- 2 full sets of sheets and pillow cases for birth bed

#### Bag 3: Baby

- four diapers
- undershirt
- onesie with feet
- 2 pairs of socks
- four thin flannel receiving blankets
- diaper pins or snappies

Other (can be organized in a bag or just readily available in the fridge):

- 2 quarts of Recharge (any flavor), coconut water or Emergen-C
- Tylenol and Ibuprofen
- Baby thermometer (straight, not ear or forehead)
- Natural baby oil or lotion for massage
- Camera or video equipment
- Massage oil or Lotion for Mom in labor
- Labor aids: music, candles, lip balm, extra pillows
- Lots of good food on hand, including additional quarts of Recharge, high-protein foods, yogurt, applesauce, fresh fruits and ice