



















Homebirth Supplies

-  **Olive, Sesame, Wheat Germ or Almond Oil (for perineal massage)**
-  **Antibacterial Soap (liquid type)**
-  **4X4 Sterile Gauze Pads (2 dozen)**
-  **Cotton Balls**
-  **Hydrogen Peroxide**
-  **Rubbing Alcohol**
-  **Bendable Drinking Straws – for drinks for mom**
-  **Plastic Drop Cloth & Tape or Plastic Bed Sheet**
-  **Bleach**
-  **Oral Thermometer (for mother)**
-  **Rectal Thermometer (for infant)**
-  **Plastic Trash Bags**
-  **Medium sized bowl for placenta**
-  **Large Ziploc Bag for keeping/storing placenta**
-  **Disposable Underpads (aka: Chux pads) (at least 20)**
-  **Sanitary Napkins (heavy-hospital)**
(Incontinence Pads can be used while flow is extra heavy)
-  **Socks for mom**
-  **Lip Balm**
-  **Hand held Mirror**
-  **2 Sets of Sheets (Old ones that can be bleached)**
-  **4 Washcloths (Old ones that can be bleached)**
-  **4 Towels (Old ones that can be bleached)**
-  **8 SOFT Receiving Blankets (used for baby)**
-  **New clean white shoelace or cord clamp**
-  **Pedialyte (used in case of hemorrhage)**

The sheets, washcloths, towels and receiving blankets should be washed clean in your washing machine's hot water cycle and then dried for an extra 15 minutes on hot. These should then be paper bagged and taped. (Paper bag is essential so that items can be warmed in the oven on birthday.)










Herbs: Shepherd's Purse, Comfrey Leaf, Red Raspberry Leaf, Echinacea, Labor Ease, and Ginger Root.

Suggestions: Suggestions for labor nutrition are light soups (such as bouillons and homemade chicken soup), fruit juices which are not highly acidic (such as apple juice), herbal teas (ginger root or peppermint tea for

nausea; raspberry leaf, nettle leaf, alfalfa leaf for vitamin K content and nutritional value); chamomile tea (for relaxation), and Laborade.

Laborade recipe:Mix the following well in a blender:1/3 cup fresh lemon, juice1/3 cup honey (to taste),1/4 tsp salt ,1/4 tsp baking soda,2 calcium/magnesium tablets, crushed, Water to make 4 cups (This mixture can be made ahead of time and frozen.)

The baby will need to have some basic supplies for the birth, but more will be needed for a standard layette:

-  **Newborn Diapers (cloth or disposable)**
-  **Baby safety clippers for nails or blunt ended baby scissors**
-  **Wrap-around Undershirts**
-  **Socks or Booties**
-  **Full-length Nightgowns (draw string optional)**
-  **Diaper Pins (if using cloth diapers)**
-  **Diaper Liners (if using cloth diapers)**
-  **Stocking Cap(s)**
-  **Baby Quilt or Warm Blanket (along with receiving blankets listed above)**

Other suggestions: Birth Ball. Film and camera. Video camera. Relaxing music. Aromatherapy incense candles and oils. Massage oils, scented with aromatherapy essential oils

For After the Birth: Sitz Bath, Lots of water, and lots of rest!!! Enjoy your babymoon! You only have a brand new baby for a very short time.

Recovery Soup:

2 cloves of garlic,1/2 teaspoon fennel seeds,1 stick cinnamon,1/2 teaspoon fenugreek seeds,1 star anise,2 cloves,1 inch ginger,4 medium potatoes,2 carrots,1/2 teaspoon black pepper (ground a little),3-4 cups water,2 chicken legs (can be substituted with lamb),salt to taste

Herbal Bath: Chamomile, Blackcurrant leaves, Blackberry leaves, Walnut leaves, Horse chestnut leaves, Fennel, Pomegranate peel, Tangerine peel, Rose petals, Lavender, Calendula, Henna leaves, Plantain, Myrrh, Tea tree oil (just a few drops)

Use a handful of at least five different types of the herbs. Tie in a piece of muslin. Boil in water for 30-40 minutes. Add the water to your bath. As soon as the bath becomes tepid, come out, dry yourself immediately, dress quickly and get into bed.

Use this in the bath two to three times a week.

Sea Salt is also a good addition as it helps to heal cuts. This can be used either in your own bath or even better, in a sitz bath.