

ADDITIONAL BIRTH NEEDS LIST

Have *all* items, including Birth Kit, in a large container in the birth space.

<p><u>General</u> Comfortable clothes for labor and birth Bathing suit top, sarong, gown, socks and/or slippers Nursing top New shower curtain liner Pillows Flat top sheet (may be discarded) 4 large mixing bowls 10 washcloths (3 different colors) 1 water bottle with straw Overnight Kotex Pads Depends (pull ups) Extra Virgin Olive Oil Amazing greens Liquid Chlorophyll (ChlorOxygen or Desouza) Floradix with iron Arnica, Tylenol or Ibuprofen 5 One-Gallon Ziplock Bags Dermoplast 1 bottle of peroxide 1 roll of paper towels 1 pack of baby wipes 2 Hand towels Small bottle of Coconut oil Camera (charged) Video Camera (charged) Postpartum belt (preferably Bamboo material) Postpartum Sitz bath</p>	<p><u>Waterbirths:</u> 6 towels/sheets for the floor 6 bath towels for Mom and Partner Fish net <u>Nourishment:</u> Honey Coconut Water Water Red Wine EmergenC vitamin packets Raspberry leaf tea Food for Birth Team (and everyone at birth)- Options like:</p> <ul style="list-style-type: none"> • Chips • Hummus • Salsa • Nuts & seeds • Veggies • Finger food <p>Mom's-Food</p> <ul style="list-style-type: none"> • Popsicles • Yoghurt • Soup • Smoothies • Juices • Anything easy to digest <p><u>Baby:</u> 12 receiving blankets 1 hat Onesie Nightgown Newborn Diapers (size 1) Baby nail filer (emery board)</p>
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Things to do during early labour

1. Active system by calling Marve
2. Clean bathroom, toilet, lid, inside, shower, tub (which Mom will use). Bathroom should be cleaned by someone else, not the mom. The entire bathroom will be exclusively for mom only!
3. In case of water birth, water heater needs to be turned to high
4. Eat, drink, hydrate, and rest.