



## *Preparing for your Birth*

### *36-week Planning List*

Following is a list of supplies to be purchased / ready by the time you are 37-weeks pregnant.

#### **Birth Items:**

- Comfortable labor clothes for Mom
- Bikini top if planning to labor in water
- Comfortable clothes for after birth
- Chux pads (1 package)
- Sheets (2 sets)
- Plastic cover or shower curtain for bed
- Wash cloths (6)
- Towels (6)
- Hand towels (6)
- Extra pillows w/ plastic cover
- Trash Can (1)
- Laundry Basket (1)
- Hydrogen peroxide (1)
- Depends (1 package)
- Overnight maxi pads (1 package)

#### **Baby Items:**

- Thermometer
- Gown or Onesie
- Socks
- Hat
- Receiving blanket
- Diapers
- Wipes
- Nose Frieda
- Baby wipes

#### **Food/Nutrition:**

- Plenty of natural juices for mom
- EmergenC Pack
- Snacks / water for midwives
- Labor soup - frozen in Ziploc bags

#### **Optional:**

- Herbal Bath
- AfterEase herbs for postpartum contractions
- MamaFrida peri bottle
- PeriClense ([InHisHands.com](http://InHisHands.com))
- H.G. Hemorrhoids Gone Forever ([TheSecretsofEden.com](http://TheSecretsofEden.com))
- Homeopathic Trio
- Essential oils: Clary sage, Jasmine, Helichrysum
- Diffuser
- Crock pot for warm compresses
- "Padsicles"
- Heating pad

### To Do - Home Birth

- All linens should be washed in hot water with detergent before the birth.
- Please put a complete set of baby clothes with the birth supplies so they are easy to find after we do the newborn exam.
- Please put a full set of comfortable clothes for the mom along with an overnight pad and a Depends panty someplace convenient so it is easy to find after the birth.
- Make your bed with the set of sheets you want to sleep in for your first week after the birth. Put a plastic cover over the set of sheets. Then, make the bed again with an older set of sheets. The older set of sheets will be used while you are in labor and giving birth. After you give birth, we will remove the older sheets and plastic cover, and you will get into your clean sheets ready to cuddle your newborn.
- If you are planning a water birth, I would still prepare the bed in the above manner. I also recommend getting a tarp to put under the birthing tub in case of leaks or splashes to protect your floors.
- If you are planning to have an herbal bath, please place the cup of sea salt and the herbal bath with a stock pot and place it on the counter near the stove so the midwife can prepare your herbal bath.
- Labor soup: Please make the labor soup ahead of time and freeze it in Ziploc bags.  
<http://www.kalynskitchen.com/2014/02/slow-cooker-soup-turkey-kale-sweet-potatoes.html>