

My Homebirth Checklist

This is a list of items that you'll need when going through labour.

Many of these items will assist you in managing the pain of labour, and the healing process after birth.

What do I need	Why?
Night dress or old T-shirt to give birth in / or just something comfortable.	It is important to feel relaxed, but also know that you might get some blood on your clothes.
Face cloth	To wipe your face and allow you to feel refreshed and cool you down.
Massage oil (Vit E / Tissue oil)	For your support partner to massage your back – the oil helps reduce friction on your skin, which can be very sensitive after constant rubbing.
Soft ball (tennis ball)	Can be used to massage with.
Scarf	To do a hip squeeze during contractions.
Enough extra pillows	Helps with positioning should you want to lie down.
Warm socks	Your feet may get cold during labour .
Bean bag	A heated bean bag is amazing on your back or anywhere that you feel pain.
Music	Soft, calming music will help you relax.
Stress ball	Something to hold onto when having contractions.
Jungle Juice: - 50ml Blackthorn Berry Elixir - Rehydrate (blackcurrant or vanilla) - 2L Water - 1L Apple juice Mix everything in advance, except the Rehydrate , and when you go into labour you can add the Rehydrate. This needs to be consumed within 24 hours, or else it needs to be thrown out	This is an excellent tonic for labour and while breastfeeding. It gives energy and provides electrolytes which help ensure that you don't dehydrate. Babies of mom's who are dehydrated during labour go into distress.
Energade / Powerade	So much easier for a mom in labour to have a plastic bottle to squeeze.
Super C Jelly babies Energy bars Nuts Banana's *Also remember snacks for your support partner	Snacks during labour, especially early labour, will give you energy when you most need it later.
Maternity pads	You might have waters that break early, or have a show, and may feel more comfortable with a pad. These are also extremely important for after delivery.

Plastic sheeting You can buy plastic PVC sheeting from a fabric store / Spargs. Shower curtains also make good sheets (underneath and old sheet)	This is to protect your bedding and mattress, as there will be blood.
Dustbin with empty black bag	This is needed for any gauze or disposable items that I may use.
Hand mirror	You may use this to watch your baby crown.
Mop and bucket with detergent	To quickly clean the floor if necessary.
A small thin blanket / throw	In case you are waiting around for the placenta, or you feel shivery after the birth (which is very common).

For a waterbirth

2x packets of coarse salt	Salt is also added to the water to act as a natural antiseptic and to make the water more like body fluid, so the baby is birthed into similar fluid to that in the womb.
6 Towels	Depending on how long your birth is, towels get wet quickly. You need for you and baby.
Sports bra / tank top / Bikini top	Loose shorts in the water don't work well.

After birth

Maternity pads	Bleeding in the 1 st 3 days is the worst. You will need 3-4 packets of maternity pads for the first week, after that you can start to use normal sanitary pads.
Disposable panties	Nice to have, washable, and dries very quickly. Saves your own panties in the first week!
Bean bag & cold pack	This is to help prevent engorgement during the first few weeks of breastfeeding.
Jungle juice – as above	This helps increase your milk supply and energy to ensure successful breastfeeding.
Baby's bag - New-born disposable nappies - Bum cream - Wet wipes - Baby oil - Warm receiving blankets (x3) - Baby go, vest, and booties	