



SUPPLIES for MOTHER

- 50mg oral Gravol tablets or 100mg Gravol suppositories (for early labour)
- lip moisturizer
- 1 litre of energy drink -> either make Labour-aid (see recipe following) or purchase Gatorade, Powerade, coconut water or Emergen-C packets
- Food and snacks for mother and support people during and after labour
 - healthy snacks may include bread, crackers, cheese, fruits, nuts, granola bars, etc.
- comfortable maternity underwear for after the baby is born

SUPPLIES for BABY

- infant car seat (preadjusted to newborn size)
- clothes for baby, appropriate for time of year
- baby hats
- baby blankets, appropriate for time of year
- newborn diapers

Hospital birth

- toothbrush, soap, hairbrush and other toiletries
- one change of clothes for mother and primary support person
- clothes to bring baby home in along with 1-2 newborn hats and 1-2 baby receiving blankets
- one pair of slippers, flip-flops or slip on shoes
- bathing suit for partner or support person to provide labour support in tub or shower, if desired
- large comfortable t-shirt, tank top or nightgown for labour (or, you can wear a hospital gown)
- camera
- 1 or 2 extra pillows (with colourful pillowcases)
- CDs or MP3 player with cable for soothing music in labour
- apocket change for vending machines when cafeteria is closed

Home birth

Please gather in one convenient location near your birthing area - in a box, laundry basket, bag or drawer:

- 12 large disposable underpads (also called blue pads, bed pads or flat incontinence pads)
- 1 box sterile gauze squares – 4" X 4"
- 1 empty pop-top or sports top water bottle (for postpartum perineal care)
- large plastic sheets to cover mattress (shower curtains or painting drop sheets work well)
- 4-6 large safety pins or packing tape or duct tape (to secure plastic sheets to mattress)
- 1 large flashlight with extra batteries
- 3-4 large green garbage bags (for laundry, garbage and to cover pillows)
- 1 large ziplock bag or yogurt container with lid, for the placenta
- 3-4 straws for sipping your energy drink (bendy straws work best)
- 1 medium or large cookie sheet or very firm Rubbermaid bin lid
- table salt - 1 cup (used for removing stains)
- LINENS for use during the birth (we suggest older items as they may become stained)
 - 2-3 bath towels + 1-2 hand towels + 4-6 face cloths (newborn face cloths work well)
 - 1 old sheet set (fitted + flat sheet) for birth bed (see below: preparation of bed)
 - 1 comfortable sheet set (fitted + flat sheet) for after the birth + 2 clean pillow cases
 - 8-10 cotton baby receiving blankets plus 1-2 thicker, warm blankets
 - 2 newborn hats

If using a birth pool you will also need:

- extra plastic and towels for under and around the pool
- 2-3 extra bath towels for yourself and extra hand towels for the midwives
- aquarium fish net
- garden hose and sink faucet attachment for hose
- 1-2 large pails (2+ gallons)
- non-slip mat for the floor close to the pool

THINGS TO KEEP AT HOME for after your baby is born

- 1 package epsom salts (for bathing after the birth, to soothe muscles and support healing)
- one box of feminine pads (thick overnight maxi-pads with wings, avoid dry weave or ultra thins)
 - wet 6 with water and place in freezer, separate with plastic wrap, good for relieving perineal swelling and soreness
- ibuprophen (Advil) and acetaminophen (Tylenol) for afterpains
- 1 digital thermometer (set to read in Celsius)

Preparations before you are in labour

- **Infant Car Seat:** Child safety seats, properly installed and used, save children's lives. Proper use of a child safety seat can reduce fatal injury by 71 percent for infants and 54 percent for toddlers. Once you have obtained an infant car seat, adjust it to newborn size and if you have a car, install it ahead of time. Read the safety manual. Car seat installation instructional clinics are provided through the BCAA Road Safety Foundation: www.childseatinfo.ca. You will not be allowed to leave the hospital by car without a car seat for your new baby.
- **Plan your transportation in advance:** If you have a car, drive by the hospital during the third trimester to learn your way. If you do not have a car, try to make arrangements in advance for someone to drive you in labour. If you are planning to take a taxi, have the taxi company's phone number nearby and tuck away some cash to pay the driver.
- **Plan your other children's caregivers in advance.** If you have other children, arrange for one or two trusted people to be available to care for your children once you are in labour.

Planning for after the birth

- **Prepare your household:** In your last two months of pregnancy it is a good idea to begin preparing your household for the first weeks after the birth. Clean and wash any newborn clothes or baby items. Prepare meals, casseroles and snacks that can be frozen in advance.
- **Arrange for help at home:** Labour and birth are hard work and you will be tired and sore after your baby is born. During the first week postpartum you will be recovering from birth and busy learning to care for and feed your new baby. It is important for you to arrange for family or friends to help with meal preparations and usual household chores during this time. You should not be left alone at home for long periods of time during the first 72 hours after your baby is born.

Labour-Aid drink recipe:

- 1/3 cup fresh lemon juice
- 1/3 cup honey (or to taste)
- 1/4 tsp sea salt
- 2 calcium/magnesium tablets, crushed

Add water to make 4 cups and blend. Will last 4-6 days in the fridge. They are great when they are frozen into ice cubes or