**BIRTHKIT**

* + Birth Supplies,
  + Order Custom Birth Kit,
  + Soul Love Midwifery \* Simone Marshall
  + order online or call In His Hands 1.800.247.4045
  + \*\*\*ADD--- Vit K (for infant)–choose injection or oral.

**ADDITIONALS**

* 2 large plastic sheets, such as shower curtain (to place over mattress and on floor)
* Extra set of bed sheets, light colored if possible

{Birth day instructions- make up the bed with a fitted sheet, put on the plastic draping, and a second fitted sheet on top.}

* 4 receiving blankets- wash once, if brand new
* 6 soft towels- light colored, if possible (for wiping baby)
* stack of used clothes/rags/old towels to mop up stains and fluids
* 3 clean washcloths
* 1 medium size plastic container (for placenta)
* 1 unopened small bottle of olive oil (for perineum protection during pushing)
* 1-2 large garbage bags
* Ice, finger foods, juice, pops, filtered water, electrolyte drinks, soup, etc. Have easy to prepare/eat food available for your birth support team. Particularly important for first time moms when labor tends to be longer.
* Prepare extra food and freeze (for after baby is born when you won’t have time or energy to cook. Avoid eating cold foods and avoid drafts after birth.)
* Liquid soap – for hand washing
* paper towel roll
* Layette for baby 3-4 one-sies and undershirts, etc. for days -after washcloths and towels.
* Red Cabbage, frozen peas/gel packs (to ease breast engorgement)
* Tube of Lanolin cream (for sore nipples)- or we can use breastmilk ;)
* Postpartum Girdle- for mommy postpartum

**Birth POOL**

supplies

* net
* liner: GENERIC REGULAR fits all, (OR BRAND liners – aquaborn original full (NO ZIP), birth pool in a box MINI, la bassine)
* tub thermometer

INSTRUCTIONS for POOL Prep –

1. Temperature 98 degrees. Do not go above.
2. Make sure the hose has the right adapter for the faucet.
3. Do a dry run with the pool, making sure the hose is long enough
4. On that day - \*place liner, add 1 inch of water, smooth out air bubbles, finally, fill the pool to level of 8-9inches from the top.