

## HOME BIRTH LIST OF USEFUL ITEMS

### For the room

- \* Clean old sheets, ?old PCV/woven back tablecloth
- \* Pillows, cushions, beanbag and/or birth ball
- \* Adequate heating especially in winter, in no central heating mobile heater suggested
- \* Adequate lighting, spare bulbs, angle poise lamp, side lamp or good torch
- \* Bin liners for rubbish and dirty laundry
- \* Bucket in case you are sick
- \* Small waterproof mirror (e.g. shaving mirror or mirror tile)
- \* Pampers changing mats
- \* Kitchen roll/tissues
- \* 2 clean hand towels and soap
- \* worksurface or tray to lay out equipment
- \* Hospital bag packed in case of transfer to hospital.

### For the mother and baby - for the birth

- \* Easily digested food e.g. bananas, yoghurt, toast, biscuits
- \* Fruit and/or vegetable juices
- \* Jar of honey/dextrose tablets
- \* Tea - herbal or ordinary
- \* Ice cubes (can be made from fruit juice and/or water)
- \* Bendy straws
- \* Several clean face flannels
- \* Plenty of large clean towels - for you after using bath/pool
- \* Plant spray container for water - really refreshing!
- \* Old or disposable pants
- \* (At least) 2 packets of thick sanitary towels
- \* Nightie or t-shirt if you like to wear one
- \* Hot water bottle or wheat sack (for backache or afterpains)

### For the baby/afterwards

- \* 2 smaller, soft towels for the baby
- \* Nappies and cotton wool of choice
- \* Warm clothes - vest, babygrow, hat, cardigan and blanket
- \* Breast pads and Savoy cabbage - to relieve engorged breasts

### Optional

- \* Camera - 1600 asa (black and white) 400 asa (colour print)
- \* Chilled champagne/chocolate
- \* Light easily digestible food (e.g. pasta) for after the birth

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