



Please gather all the items listed prior to 36 weeks in order to prepare for an organized and smooth home birth process. All linens will be considered disposable as they may get messy and stained, however, we will start the load of linens in your washer before we leave your home after the birth. Except where specified the items on this list do not need to be new. Gather what you have around the house or pick up from your favorite store/thrift store and make sure they are freshly washed. Please let us know if you have any questions about this list. Happy Birthing!

**Required supplies:**

- ☐ Please order your East Valley Midwifery custom birth kit by 34 weeks using the following link:  
[https://www.preciousarrows.com/East\\_Valley\\_Midwifery\\_Custom\\_Birth\\_Kit\\_p/80110-105.htm](https://www.preciousarrows.com/East_Valley_Midwifery_Custom_Birth_Kit_p/80110-105.htm)
- ☐ A waterproof layer big enough to completely cover your bed - plastic mattress cover, painters tarp, 2 shower curtains taped together etc. (See “How to double-make the bed” instructions on page 2)
- ☐ 1 fitted sheet sized for your bed
- ☐ 10 bath towels
- ☐ 6 washcloths or small hand towels
- ☐ 3 flannel receiving blankets
- ☐ 2 medium-sized plastic or metal bowls- salad/ chip/ mixing bowl size—please no glass
- ☐ 1 standard size (approx 18x13) sheet pan/cookie sheet with lip - does not need to be new
- ☐ 1 roll of paper towels
- ☐ Clean quart size mason jar for the perineal healing sitz herbs we will provide and brew at your birth
- ☐ Digital thermometer
- ☐ 2 empty containers for trash & dirty linen- tall laundry baskets work best
- ☐ 2 ounces olive oil in a small container for perineal support and/or newborn diapering
- ☐ Heavy flow chlorine free or cloth menstrual pads- avoid “Always” brand and others made mostly of plastic which can be irritating to tender tissues.
- ☐ Fragrance free baby wipes

**Other helpful items to consider having on hand for labor/postpartum:**

- ☐ Hydration: Coconut water, Recharge, Electrolyte powder, “Lactoraide”, ice, and straws for sipping
- ☐ Food: Nut butter, honey sticks, fruit, soup, bone broth, yogurt, smoothie ingredients, protein bars
- ☐ Newborn diapers, hat, onesie or pajama
- ☐ “Padsicles” - <https://www.gentlenursery.com/organic-pregnancy/easy-diy-padsicles/>
- ☐ Ibuprofen- for after the birth only, do not take while pregnant
- ☐ Nipple cream- Mother Love brand works well and is free of animal products
- ☐ If this is not your first baby- “Afterease” tincture for postpartum afterpains- purchase online



## Other Instructions for Labor and Birth

- Please call the on-call midwife at **480-447-3435** day or night if:
  - Your water breaks- please call midwife immediately to discuss.
  - **FIRST BIRTH:** 3-2-1 Rule = *strong* consistent contractions 3 minutes apart (start of one to start of the next) for the past 2 hours that last over 1 minute long.
  - **NOT YOUR FIRST BIRTH:** 5-1-1 Rule = contractions every 5 minutes for 1 hour that are 1 minute long.
  - You have any concerns with bleeding, baby's movements, etc
  
- When you are ready to call your birth team to your home for the birth please:
  - Unlock the front door and secure pets in case we need to let ourselves in when we arrive.
  - Double-make the bed. (Instructions below.)
  - Empty the dryer if possible.
  
- How to double-make the bed:
  - We don't recommend attempting to save time by double-making the bed before labor has begun. Plastic is hot and uncomfortable to sleep on. This usually means this becomes a job for your partner when you are in labor. Please make sure they have read these instructions and know where all the supplies are located.
  - Remove all blankets and pillows but leave your normal sheets on the bed. Put blankets in closet or another room away from the birth space to prevent them from becoming soiled. Cover the mattress completely with the waterproof layer.
  - Place your fitted birth sheet on top of waterproof layer.
  - Pillows can be returned to the bed, but consider whether you want to change the pillowcases/ protect the pillows to avoid staining them.
  
- Please have the infant car seat properly installed before labor begins.