



We are so excited to share your home birth with you! The following are some things you should prepare for the big day. Please let me know if you have any questions.

We will bring you a kit of birth supplies. The cost is \$30 not covered by insurance or DKC.

If you need a tub for labor or birth I recommend you buy this one:

http://www.amazon.com/gp/product/B000050ARQ/ref=ox_sc_sfl_title_7?ie=UTF8&psc=1&smid=ATVPDKIKX0DER. I have a pump to blow up your tub and another one to drain it after the birth. You should purchase a brand new water hose for potable water and fittings for your faucets. Some people turn up their hot water heaters the day of the birth to be sure they don't run out of hot water. Please do not fill your tub days before the birth as germs grow and it is a hazard to small children. We suggest you put a tarp or plastic sheeting under your tub. Then put one or two pillows under the tub, where you and your partner may wish to sit or kneel, before filling for added softness.

Supplies to have on hand are:

Tarp or plastic sheeting for under the tub

New Hose!

Fittings for your faucet (Check them before day of birth!)

Plastic sheet or plastic drop cloth to protect your mattress

Two sets of older sheets for your bed

Lots of older towels and washcloths

Clothes for your baby

One box tissue

Newborn diapers and wipes (we may need some of them during birth)

Baby blankets

Car Seat (Be sure to buy even though won't likely need to use it right away)

Overnight Pads

Juices and Gatorade or Recharge

Healthy protein rich foods for you and your entire labor party after delivery

Healthy snacks for labor party if labor is long

Easily digested foods in case you are hungry in labor

A kitchen sized trash and a few bags for it

One gallon sized zip lock bag

We are looking forward to your special day!