

During Labor

You are going to want to have food and water handy, Protein is your friend! Have the following close to you through out labor

- frozen fruit or yogurt bars
- Fruit: Grapes, watermelon or banana. Can freeze as well
- eggs
- peanut butter toast
- whole grain crackers
- bone broth
- electrolyte drinks or homemade Labor-Aid
- Coconut water
- Popsicles
- Energy bars, fuel packets for athletes

Link to Labor-Aid Drink

<https://mommypotamus.com/how-to-make-a-labor-aid-electrolyte-drink/>

After The Birth

Some things to have for your self after labor are home made frozen pads to help with perineum pain,

Link to make padcicles

<https://pregnantchicken.com/padsicles/>
Your Birth Kit will include some other postpartum items



Preparing for your Homebirth

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What to Expect

If you are planning a home birth there are a few things you will need to do to prepare for that. Even though you are planning to birth at home it is still an option to have a birth plan. You will want to include the "what if's" in this plan, such as what if you need to transfer. Make sure it is clear on where you want to go if this happens and how you want it to happen. Make an emergency exit plan and know the current policy of the hospital in regards to Covid restrictions. Make sure you have a plan for kids and pets- in your home or at a friends or families place?. Make some frozen meals before hand to help make meal time easier after baby is here

Cleaning your home

In preparation for having a home birth you want to make sure that you clean anything and anywhere that you may labor. This includes your bedroom, bathroom, Livingroom and any other room you may end up in. Be sure to have an extra set of sheets for the bed to replace the sheets you gave birth on. You will want to get a plastic protective cover for the mattress. If you plan on using a birth tub set it up one time before the big day and make sure it will fit where you want to be and make sure the hose will connect to the faucet you will be getting water from. Clean the tub at this point as well.

<https://midwiferytraditions.com/preparing-for-birth/>

Supplies

- 6-12 old towels
- 6+ washcloths
- several gowns or t-shirts to labor in (a dark sports bra or tank top is nice for being in the birth pool)
- nursing bra for after the birth
- baby gowns or sleeper
- 6-8 receiving blankets
- 1-2 newborn hats
- baby wipes and diapers
- a large trash container with a fresh bag
- a laundry tote, bag, or basket
- large maxi pads
- 2 baking sheets
- Placenta Bowl
- Crockpot to keep towels and baby blankets warm
- Hydrogen peroxide
- Disinfectant wipes

As your due date draws closer I will have a Birth kit with the remaining items mailed to your home