

## **Preparing for Your Birth**

### **Required Items:**

- 10 receiving blankets
- Bowl
- Crockpot, or pot with lid
- Stack of wash clothes or old towels and scissors
- Roll of paper towels
- Ammonia
- Hydrogen peroxide
- 2 trash bags
- 2 freezer bags
- Plastic for bed and an extra piece for floor
- Flashlight
  
- Electric heating pad *\*\*optional*

### **Postpartum Pain Relief:**

- “Afterease” tincture, Wishgarden Herbs
- Liquid Calcium
- Ibuprofen

### **Nourishing Liquids:**

#### **For “Labor Aid” please have the following:**

- 4 quarts fluid (water)
- 1 ½ cup honey
- 1 ½ cup lemon juice
- 2 teaspoons salt
- 1 teaspoon baking soda
- 8 crushed calcium tablets
- 4 quart jars

### **Other Liquids:**

- Emergen-C
- Gatorade or Recharge for replenishing electrolytes
- Miso Broth
- Liquid Chlorophyll
- Fruit Juices

*The following birth kit is available for purchase from Liz O’Shea (301-788-0113)*

### **Birth Kit:**

- 10 23" x 36" Underpads
- Flexible Straws
- 12 Sanitary Pads
- 2 Sanitary Briefs
- 1 Peri Irrigation Bottle
- 1 Basic Cotton Baby Cap
- 6 Packages of 4x4” Gauze
- 2 pairs of latex gloves, Size 6.5
- 4 single latex gloves, Size Small
- 2 Plastic Sterile Cord Clamps
- 5 Packages of Lubricating Jelly 3gm
- 2 adult diapers