

New Life Birth Services
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Supply List for Birth at Home

For the labor and birth

Order birth kit from In His Hands (see order forms)
8' x 10' plastic drop cloth (available at Home Depot or Lowe's)
Unopened Bounty paper towels
Box of Kleenex
4-6 old bath towels
4-6 old wash cloths
Clean gown for Mom
Flashlight with new batteries (strong light)
Heating pad
Crockpot
2 qt. round bottom bowl
Extra crushed ice
Honey
Ibuprofen
Juices, teas of your choice
Nutritious snacks
Household ammonia
Two large garbage bags
Strainer or sieve
Place all items in a laundry basket or sturdy box near birthing area

For the infant

6 old cotton receiving blankets	Shirt, gown or kimono
Disposable diapers	Cotton balls
Olive oil	Q-Tips
Alcohol	Hydrogen peroxide

Preparation before birth:

Make up bed in following manner: Cover mattress with pad if desired, clean fitted sheet and top sheet, plastic drop cloth (completely cover bed and box spring, and tuck in well), clean fitted sheet. After birth, remove top sheet and plastic, to reveal clean sheets already on the bed.

Assemble all necessary household supplies in one place and set up as desired. One box for baby and one box for mom works well.