

HOME BIRTH CHECKLIST



LINENS AND BLANKETS:

- ☐ 2 PLASTIC DROP CLOTHS
- ☐ 6-8 TOWELS
- ☐ 6 WASHCLOTHS
- ☐ 6-8 COTTON RECEIVING BLANKETS
- ☐ 8 NEWBORN DIAPERS
- ☐ 2 BABY SLEEPERS
- ☐ 2 BABY HATS
- ☐
- ☐

OTHER SUPPLIES:

- ☐ MEDIUM SHALLOW BOWL
- ☐ MEDIUM BOWL
- ☐ 2 LARGE TRASH BAGS
- ☐ LAUNDRY BASKET
- ☐ LARGE POT/ CROCKPOT
- ☐ HYDROGEN PEROXIDE
- ☐ WITCH HAZEL
- ☐
- ☐

POSTPARTUM:

- ☐ RAPID READ DIGITAL THERMOMETER
- ☐ FLASHLIGHT
- ☐ SNACKS
- ☐ ELECTROLYTE DRINK
- ☐ PADS
- ☐ COLD PACK
- ☐ IBUPROFEN
- ☐ ARNICA
- ☐ BACH'S RESCUE REMEDY

NOTES





HOW TO PREPARE YOUR HOME FOR HOMEBIRTH

2 WEEKS BEFORE DUE DATE:

- ☐ WASH ALL BABY CLOTHES, SHEETS, TOWELS, ETC. PLACE IN LARGE PAPER BAGS AND LABEL THEM.
- ☐ CLEAN YOUR HOUSE, WITH SPECIAL ATTENTION GIVEN TO THE BATHROOM AND THE BIRTHING ROOM.
- ☐ MAKE SURE YOUR BIRTH TEAM KNOWS WHAT YOUR HOUSE LOOKS LIKE, WHAT DOORS WILL BE OPEN, AND ANY IMPORTANT INFORMATION ABOUT YOUR HOME

DURING EARLY LABOR, DOUBLE MAKE THE BED:

- ☐ MAKE THE FIRST LAYER OF BEDDING: WATERPROOF MATTRESS PAD, BOTTOM SHEET, AND TOP SHEET.
- ☐ COVER THE ENTIRE BED WITH THE PLASTIC-BACKED SHEET OR SHOWER CURTAIN LINER, PLASTIC SIDE DOWN.
- ☐ COVER THE PLASTIC-BACKED SHEET WITH ANOTHER BOTTOM SHEET AND COMPLETE MAKING THE BED.

PREPARE KITCHEN WITH DRINKS AND FOOD TO KEEP ENERGY UP DURING LABOR. EX:

- ☐ ICE CUBES, JUICE, ELECTROLYTE DRINK, TEA
- ☐ HIGH PROTEIN SNACKS
- ☐ A MEAL YOU WOULD LIKE TO EAT POSTPARTUM



NOTES

HOME BIRTH NOTES

