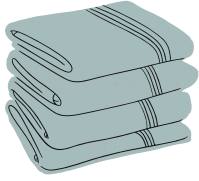


PREPARING YOUR HOME FOR *birth*



towels (lots and lots)

Make sure you have at least 8 large towels and 8 face towels on hand, but the more the merrier.



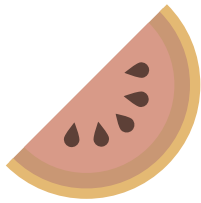
layered bedding

Make your bed with at least 2 layers of waterproof protectors and bedsheets.



birth pool

The ultimate comfort measure (and mess container).



snacks

You (and your birth team) need fuel for your body to birth. Have easy to eat food on hand.



things you love

Essential oils, photos of loved ones, birth affirmation, candles. Make your space exactly how you wish.



your doula

Home births are easier with a doula around. Let's chat how we can make a difference.

OTHER NEEDS / NICE TO HAVES (THAT AREN'T IN YOUR KIT)

birth ball | plastic sheets for floor protection (from home depot) | fleece blanket (doesn't stain or absorb water and keeps you warm if needed) | straws | your easy to remove outfit (especially if doing birth photography) | Hydrogen Peroxide (best stain remover) | tarp and extra padding for under the birth pool | 2 big bowls (one for placenta, one for throw up) | napkins or adult diapers for postpartum bleeding | perineum spray and/or herbal sitz bath | prepared hospital transfer bag in case it is needed