

BIRTH CENTER SUPPLY LIST

MOM

- 2-3 ea dark colored T-shirts or short gowns
- Slippers, socks and robe
- 2 ea Large underwear and socks. Bikini and “thong” underwear are not useful
- 4-6 Overnight/ Heavy flow Maxi Pads
- Clothes to wear home appropriate for the weather
- Tylenol (Acetaminophen)
- Labor partner should bring a swimsuit as (s)he may end up in the tub with mom.
- Camera, phone, or video recorder

BABY

- Diapers (4-preferably disposable)
- 2 ea Onesies or undershirt, socks, sleepers, cotton hats (2)
- 2-3 ea Receiving blankets and a regular blanket
- CAR SEAT – you will not be allowed to leave until you have a car seat for baby

FOOD

We are not allowed to provide food for anyone (this would require a foodservice license), so you must bring it with you. Recommended you bring all or something from each category:

- Coconut Water or Juice or G2 Gatorade or Pedialyte
- Protein bars or Crackers or Fruit cups or Apple Sauce
- Soup/ramen/broth, Veggies/Dip, Food for dad, family and friends
- Something hearty/filling for Mama immediately following birth
- Refillable Water bottle with straw or sipping lid

There are several places to get food near by if needed. Papa Murphy’s, Yoke’s, Zip’s, etc Please be respectful of where Guests eat. The kitchen island is the preferred dining area.

DISCHARGE

By law, new moms must stay no less than 2 and no more than 5 hours after the birth. In our experience, 2-3 hours is optimal due to the new mom needing sleep after that amount of time. Your placenta is your own personal property and will be going home with you. You may dispose of, donate it, or some clients plant their placentas under a flowering bush or tree to remember this special occasion.

SUPPLIES TO HAVE AT HOME

Bulb syringe
Lansinoh or other Nipple Cream

Thermometer

Maxi Pads

Depends undergarments if desired