



Check List for a Home Birth

What Parents Need to Have Ready:

- Car with gas and blanket
- List of important phone numbers: post by phone; include your address, directions to home, and home phone number. Our office number will contact the midwife on-call, please use this number first, **908-509-1801**.

Lisa Lederer

Cell: 908-399-5059

Kaitlyn Schoenfelder

Cell: 973-222-8176

Cindy Redmond

Cell: 973-713-0724

Birth Room:

- 2 sets of sheets and pillow cases and a warm blanket
- 2 Plastic mattress covers or shower curtains or tablecloths
- Old blanket for floor delivery
- Garbage bucket and plastic bags
- 15 bath towels, several extra large towels (like beach towels) and 6-8 wash clothes
- 25 foot garden hose (brand new) to fill tub
- Hackettstown Midwives Birth Kit
- Clean Tupperware container with lid for placenta (if keeping placenta)
- We will have an assistant to take pictures/videotape for you, so Dad can be with Mom!

For Mother:

- 3-4 qts. juice or sports drink
- Ice
- Incense or aromatherapy oils
- Overnight and regular sanitary pads
- Mother's Milk tea in a box
- Ibuprofen and/or acetaminophen (for after pains)
- Heating pad or hot water bottle
- Witch hazel pads, frozen

Foods for Birth Companions and Postpartum Meal:

- High protein, fruit, chocolate snack
- Your postpartum meal
- Orange Juice, Cranberry Juice, and Ginger Ale

For Baby:

- 6 receiving blankets
- Newborn blankets
- 1 undershirt, 1 sleeper or kimono, 1 pair of socks, 1 cotton knit cap or bonnet
- Thermometer

For Cord Care:

- Q-tips
- Hydrogen peroxide or alcohol