



Birth Bag Sierra Natural Birth Center

Pack like you are going away for the weekend with your new baby ☺

- * Personal toiletries for Mom and Dad (or birth partner).
- * Bathing trunks and a change of clothes for Dad.
- * Nightgowns, bathing suit, sports bra, robe or large T-shirt for Mom to wear in labor, whatever you will be comfortable in. Consider that the baby will need access to your bare skin after birth, so clothes that open in front or can be easily removed are ideal. Dads may also be asked to provide skin-to-skin contact with baby when mom goes to the bathroom or needs baby held for another reason.
- * Loose, comfortable clothing to wear home. (we provide mesh panties)
- * Slip on shoes or slippers.
- * Easily digestible food: Snacks, electrolyte drinks (Recharge, Gatorade, or coconut water) and a celebratory meal for after the birth; you will be hungry! Please label all containers.
- * We offer a small selection of drinks. We are not allowed to serve food, so you have access to the complete kitchen with dishes, cookware, stovetop, oven, microwave and refrigerator/freezer are available for your use. Please no frying foods, there is not proper ventilation.
- * **Please note that alcoholic beverages or tobacco use are not permitted on the birth center property.** Please inform any family members that may visit of this policy.
- * Small, unopened bottle of oil for perineum. Olive oil works well. (The oil must be edible for safe use in labor). This oil can also be used for baby's bottom, to help meconium slide off easily.
- * Video and/or camera equipment, extra batteries and memory cards if needed.
- * Phone list and cell phone charger.
- * 4 receiving blankets for the trip home
- * 4 sets of baby clothes (appropriate for season) onesies, gowns, hats, socks, etc. We don't recommend mittens, they can interfere with early breastfeeding cues for the baby.
- * 1 bag of Newborn Diapers, your preferred wipes, just in case baby is very productive before you leave or on the way home!
- * Infant car seat. We recommend having this installed and inspected before birth. Call your local fire department to see if they do inspections or find out where you can get a free inspection.
- * Comfort items such as your own pillows or favorite blanket, music (we have a blue tooth speaker and iPod connection), a picture of someone or something you love, essential oils or massage oil, anything you find reassuring. (no incense please)

Items to have at home:

- * Diapers, clothes, hats, blankets for baby
- * 1 dozen sanitary pads. We will give you a few super-size pads to take home. Expect bleeding like a heavy period for a few days, then lighter over 2-4 weeks.
- * A portable Sitz Bath. We will provide the sitz bath herbs.
- * Witch hazel for hemorrhoids if needed (Tucks pads).
- * Ice pads: drizzle 4-6 sanitary pads in water or witch hazel and put in your freezer. Wrap individually so they do not stick together.
- * Thermometer (infant and adult)
- * Ibuprofen (if desired for after pains)
- * Emergency and support persons' phone numbers prominently posted by telephone.