

Home Birth Kit & Supply List

We will provide you with all necessary supplies for your home birth in a kit that costs \$150. Rental of the water birth tub and associated supplies is \$200. The home birth kit and, if applicable, water birth tub will be delivered to you at 36-38 weeks of pregnancy.

Fika Midwifery Birth Kit

- 20 30x30 underpads
- 1 box Natracare OB pads
- 1 package Honey Pot Postpartum Pads
- 5 depends
- 2 pair stretchy underwear
- 1 peri bottle
- 1 bulb syringe
- 1 gauze tray
- 1 newborn cap
- 1 mattress cover
- 1 capsule Goldenseal
- 1 footprinter
- 1 Earth Mama Angel Baby Herbal Sitz Blend
- 1 package postpartum tea
- Baby Bottom Oil
- 1 small bottle Aftershave (for uterine cramping)
- 2 Large black garbage bags
- 1 plastic shower curtain
- 4 gallon size freezer bags

You must provide:

- old bed sheets (put on top of fresh sheets)
- baby blankets
- bowl for placenta
- paper towels
- towels (4-6 large, 4 small, 6-8 washcloths)
- ibuprofen
- drinks & snacks (including caffeine) for woman, partner, and birth team
- place for midwife/assistant to rest if needed

Optional Add-Ons:

Shop online for add-ons to your kit such as cloth menstrual pads, herbal peri-spray, hand sanitizer, baby bottom balm, and other natural products.

Waterbirth Kit

- Birth Pool in a Box
- Disposable Fitted Liner
- Waterbirth Net
- Choice of 25 foot or 50 ft lead-free hose
- floating water thermometer
- water bandit

You must purchase your birth kit and tub rental from our website!

Visit
www.fikamidwifery.com/shop
to complete an order.



fika midwifery

WOMXN-CENTERED CARE

Preparing for Home Birth

Before the Birth

- Please visit www.fikamidwifery.com/shop to order your home birth supply kit from us by approximately 34 weeks.
- Your supply kit and tub rental (if desired) will be delivered to you by 36-38 weeks.
- Gather all of your home birth supplies, including the kit and the list of supplies you must provide, in one place. It may be helpful to put your linens and towels in a laundry basket or bin.
- Discuss with the midwife the best place for your tub to be set up. Ensure that your hose is long enough to reach the tub from the faucet you intend to hook it up to.

In Early Labor

- If you are planning a water birth, inflate the birth pool with air. Be sure to inflate the bottom of the pool, the seat, and all sides. You might consider laying down the shower curtain from your birth kit underneath the pool. Do not forget to place the disposable liner on the pool prior to filling.
- Please wait for instruction from the midwife to begin filling the pool or to enter the pool.
- Prepare your bed for birth (even if you are planning a water birth). ON TOP OF CLEAN SHEETS, put the waterproof mattress pad on top of the bed, then put your old sheets on top.

After the Birth

- The midwife or assistant will drain and deflate the pool and bring the pool and birth kit bin back to our office.
- The midwife or assistant will strip your bed of dirty laundry and begin a load of laundry before departing.
- We will leave any unused supplies, including items for newborn screening during future home visits, with you.
- We recommend washing and keeping the mattress pad (it's handy to have more than one when you have a baby sharing your bed!)
- We will gladly take clean, unused supplies back to the office if you do not want them. Feel free to hand them off to the midwife at one of your postpartum visits (either at home or in the office).

Remember when to call the midwife!

If this is your first baby, please call if your water breaks or when your contractions have been four minutes apart x 1 minute long x 1 hour (4-1-1). We may not come yet, but appreciate a heads up that labor is happening.

If this is not your first baby, please do not wait to call! It is important you notify us at the first signs of labor, whether that is your water breaking or onset of contractions (even if they are only 5-10 minutes apart). Things can turn a quick corner when your body has given birth before!

On call: 716.265.6802



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