

Home Delivery Checklist

Keep in mind that home births require careful planning and coordination with a qualified midwife or healthcare provider.

MIDWIFE OR HEALTHCARE PROVIDER

- Ensure you have a certified midwife or healthcare provider experienced in home births

BIRTH PLAN

- Create a detailed birth plan outlining your preferences and discuss it with your midwife

SUPPLIES AND EQUIPMENT

- Clean towels and sheets
- Sterile gloves
- Sterile scissors (for cutting the umbilical cord)
- Perineal pads
- Disposable underpads
- Sanitary supplies
- Baby blankets and clothes
- Thermometer
- Blood pressure monitor
- Fetal heart rate monitor (if available)
- Suction bulb for the baby's nose and mouth
- Sterile cord clamps (if not using cord ties)
- Large plastic bags for waste disposal

EMERGENCY NUMBERS

- Keep a list of emergency numbers, including your midwife's contact information and the nearest hospital

CLEAN ENVIRONMENT

- Ensure the birthing area is clean, well-lit, and comfortable



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SUPPORT TEAM

- Arrange for a support person, such as a partner or doula, to assist during labor and delivery

BIRTH POOL (IF APPLICABLE)

- If you plan to use a birthing pool, ensure it's properly set up and cleaned

COMMUNICATION

- Have a charged phone or communication device within reach

FOOD AND HYDRATION

- Prepare easy-to-eat snacks and stay hydrated throughout labor

RELAXATION AIDS

- Consider items that help you relax, such as soothing music, aromatherapy, or massage tools

CORD BLOOD BANKING (IF APPLICABLE)

- If you plan to bank your baby's cord blood, arrange for the collection kit

POSTPARTUM SUPPLIES

- Stock up on postpartum care items like sanitary pads, ice packs, and pain relief medication

NEWBORN ESSENTIALS

- Have baby essentials ready, including diapers, wipes, clothing, and a safe sleeping space



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TRANSPORTATION PLAN

- Have a plan in case a hospital transfer becomes necessary

PREPARE SIBLINGS OR PETS

- If you have other children or pets, arrange care and support for them during labor

PRACTICE BREATHING AND RELAXATION

- Practice breathing exercises and relaxation techniques in preparation for labor

FOLLOW MIDWIFE'S GUIDANCE

- Be prepared to follow your midwife's guidance during labor and delivery

Remember that home births are not recommended for everyone, and safety is a top priority. Always consult with a qualified healthcare provider or midwife to ensure that a home birth is a safe option for you and your baby, and follow their guidance throughout the process.

