

Center for Natural Birth
 4135 54th Place, San Diego, CA 92105
 Ph. 619-814-0567, 619-814-0569 (fax)

Preparing Your Birth Supplies

In addition to ordering your “Center for Natural Birth” 36 week birth kit from Confident Beginnings Online Store, please have the following items prepared, set aside and ready for use at your home visit.

- Rubbing Alcohol; 2 Hydrogen Peroxide
- 1 Bottle of Arnica Homeopathic, 200x (Boiron) for mom*
- 1 Bottle 30c for baby (Hylands)
- 4oz. Olive or Almond Oil
- 2 Large bowls-Serving Size
- Plastic to Cover Mattress
- 4 Kitchen Size Plastic Garbage Bags
- One Roll “Viva” Paper Towels
- Fitted Sheet for Labor Bed; Clean Sheets for Postpartum Bed
- 3 Extra Washcloths & 4 Towels
- 2 - One Gallon Zip-Lock Bags
- Thermometer – Digital for Baby
- Working** flashlight with extra batteries

Mark 3 paper grocery bags (warm, mom and baby) and place the following in each:

Warm	Mom	Baby
6 Receiving Blankets	Underwear	Disposable Diaper
2 Cotton Hats	Nightgown	1 Cotton Hat
Soft Washcloths 2	Socks	
	Sanitary Pads	SKIN TO SKIN
	Peri-Bottle	

Prior to your home visit, have the following listed on your refrigerator: phone numbers of your midwives, birth team members, childcare provider, closest relatives, pediatrician, physician backup if available, and the phone numbers and driving directions of both your closest and preferred hospital ER and L&D units. Include a copy of your medical insurance card front and back. Keep your refrigerator well-stocked with nutritious foods in the last weeks of pregnancy and have enough food available for everyone in you home during the labor.

*Please be sure that all brand new clothes, blankets etc. are washed before the birth, it makes them much softer to your new baby’s skin and removes excess lint. The Arnica 200ck can be purchased at Kemp Pharmacy 619-234-2166. They will mail it to your home.