

` Ginger Kynion - Licensed Midwife

Home Birth Supply List

2 pks / large size Disposable "Chux" pads - At Wal-Mart these are called Assurance Pads. (Puppy pads do not usually work well, as they are small and not as absorbent as the bed pads)
2 sets of clean sheets (please ask how to make up your bed prior to birth)
Plastic protection for your bed, regardless of whether you plan to birth on the bed. (inexpensive or used plastic shower curtains or vinyl tablecloths work well)
6 clean "old-worn-out" towels and washcloths (Towels are a "must-have....don't skimp)
Sanitary pads & nursing pads (a Depends panty is great for right after birth)
Baby wipes and one roll of paper towels
Squirt-top bottle to use as a peri bottle (any type of squirt top bottle will work, i.e. water/dishsoap)
4oz bottle Hibiclens (available at most drug stores)
8oz bottle Liquid Chlorophyll (a blood builder for after the birth. Also softens your stool!)
One large laundry basket for soiled linens (you can store your birth supplies in it)
One tall kitchen trash can with a clean liner
Crock pot - OPTIONAL (used for warm perineal compresses)
Fish net for water birth. (please get a larger sized net than what you use for a small aquarium)
If you are allergic to latex, please provide one box of non-latex gloves (50 count, size medium)
One whole bulb of fresh garlic for the herbal bath (can be stored in the freezer until needed)

You can go online to www.inhishands.com to order my specific birthing kit that contains "some" of the items listed above. If you are wanting the Newborn Screening test performed on baby, you will need to order the lancets **which are included in that list**. I can provide you with more information on this. You can also buy the liner to the birthing pool I offer on this web site. My pool is a "Birth Pool in a Box", regular size, and I rent it to clients for \$75. If the pool is returned damaged, there is a \$150 replacement fee. Ask me for more details as to what I supply for the pool :)

Food for the laboring mom!

Juices, yogurt, soups, fruit, peanut butter, cheese, (any nutritious food she will eat)
Grape juice is especially good to drink after the birth

Food for the birth team!

Please make sure there is adequate food for the birth team
meat - cheese - veggie trays are nice no-cook foods
Bottled/filtered water is appreciated
(I'm begging you, **please don't fee me donuts or pizza!**)

Pregnancy, Parenting and Depression Resource List

Toll-Free Telephone Assistance Lines:

Texas Department of State Health Services
Family Health Services, Information & Referral Line
1-800-422-2956

2-1-1- Texas

2-1-1 Texas, formerly First Call for Help, is a service for the entire community. 2-1-1 is the new abbreviated dialing code for free, bilingual information and referrals to health and human services and community organizations. 2-1-1 serves as the number to call for information about community organizations, and it links individuals and families to critical health and human services provided by nonprofit organizations and government agencies in their own community. 2-1-1 Texas is currently available statewide:

On-line Assistance:

Texas 2-1-1 Information & Referral Network <https://www.211texas.org/cms/>

Tarrant County Resources

Mental Health Association of Tarrant County

3136 W. 4th Street
Fort Worth, Texas 76107
Phone: 817-335-5405
www.mhatc.org

Dallas County Resources

Dallas Association for Parent Education

777 S. Central Expressway, Ste 1-T
Richardson, Texas 75080
Phone: 972-699-0420
www.dallasparents.org

Mental Health Association of Greater Dallas

624 N. Good-Latimer, Ste. 200
Dallas, Texas 75204
Phone: 214-871-2420
www.mhadallas.org

Center for Parent Education, University of North Texas

www.unt.edu/cpe

Contact: Arminta Jacobson at 888-662-7457
Email parenting@unt.edu or fax 940-369-7955