

New Life Birth Services  
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Supply List for Birth at Home

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For the labor and birth

Order birth kit from In His Hands (see order forms)  
8' x 10' plastic drop cloth (available at Home Depot or Lowe's)  
Unopened Bounty paper towels  
Box of Kleenex  
4-6 old bath towels  
4-6 old wash cloths  
Clean gown for Mom  
Flashlight with new batteries (strong light)  
Heating pad  
Crockpot  
2 qt. round bottom bowl  
Extra crushed ice  
Honey  
Ibuprofen  
Juices, teas of your choice  
Nutritious snacks  
Household ammonia  
Two large garbage bags  
Strainer or sieve  
Place all items in a laundry basket or sturdy box near birthing area

**For the infant**

6 old cotton receiving blankets	Shirt, gown or kimono
Disposable diapers	Cotton balls
Olive oil	Q-Tips
Alcohol	Hydrogen peroxide

Preparation before birth:

Make up bed in following manner: Cover mattress with pad if desired, clean fitted sheet and top sheet, plastic drop cloth (completely cover bed and box spring, and tuck in well), clean fitted sheet. After birth, remove top sheet and plastic, to reveal clean sheets already on the bed.

Assemble all necessary household supplies in one place and set up as desired. One box for baby and one box for mom works well.