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## **Parents Supply List (Gathered in your home for your 36 week home visit)**

Most items you will already have in your home and only need to be gathered in one area.  
Substitutions okay, please ask.

- ◇ Organic Olive or Coconut Oil – small, unopened bottle for perennal massage and infant’s bottom
- ◇ A large pot for boiling water, a small bucket for vomiting
- ◇ Thermometer for infant (not ear or forehead thermometer) the Vicks fast reading one is great
- ◇ Q-tips (for cord care)
- ◇ Paper towels, toilet paper and tissues, non-alcohol unscented baby wipes, “Water Wipes” are great
- ◇ Witch Hazel – (alcohol free) 1 bottle to make pre-made frozen pads
- ◇ Camera – (discuss with provider your desire or not for pics/video during labor/birth/post)
- ◇ 2 Plastic sheets for your bed/couch (shower curtain or flannel back table cloth)
- ◇ Black trash bags/extra ice in freezer
- ◇ Arnica 30c, ibuprofen or crampbark tincture, sitz bath herbs (for postpartum), a peri bottle
- ◇ 1 bag of chucks pads and Large sanitary pads—overnight size/depends (adult diapers)
- ◇ Gently used: 4 sheets (2 sets), 1-2 doz wash cloths, 10 towels, 6 receiving blankets
- ◇ Flashlight with new batteries
- ◇ Bowl/ container with lid for placenta or 1 Gallon size zip lock bags (at least 2)
- ◇ Nourishing snacks and drinks for labor (ex: water, coconut water, honey, herbal tea, ginger ale, broth or miso) and healthy protein rich food for after birth
- ◇ Laundry basket/box - with most items above placed in it for easy mobility
- ◇ Have set out what you would like to put on for yourself and the baby after the birth/cotton cap for infant

**Car seat must be installed in car by 36 week in unlikely case of transfer**

**If choosing a water tub** for your labor/birth additional items: a drink safe hose and adaptor from hose to your faucet, a tarp and blanket to protect floor and slipping.