



## Notes for the Mum-to-be and her birth partner

As labour can go on for a number of hours, make sure you have plenty of **food** available for the mum-to-be, birth partner, and midwives. You need food that is quick and easy to prepare, so microwave meals are perfect. All stores now offer healthy options with good nutritional content. We recommend **fresh fruit** and plenty of **water** be available during the birth.

**Relaxing music** Everyone has a different idea of what music they find relaxing, so your choice will depend on your personal taste. The music you choose for your labour is important as certain songs may stay with you forever, evoking powerful memories of your experience each time you hear them

**Extra towels and sheets** always come in useful. Try and have some on hand in addition to those provided in your homebirth kit.

Keep a **hand mirror** nearby to view your emerging baby.

Have some **chilled champagne and chocolates** ready for celebrating the birth of your little one. Have some orange juice or soft options available too, for smaller siblings or a breastfeeding mum who doesn't wish to indulge on alcohol.

Print out the link below which details in one document many of the products in the kit and the recommended uses for them. Share this with your birth partner so when the moment arrives, they know exactly what to do!

Please heed the warnings on the products making sure you are fully aware of slip, fire hazards and suffocation risks if products are not used properly

### **Mini storage box with lid**

Your midwife will ask you to provide a plastic bowl to be used as a possible portable toilet or sick bowl. The lid is handy to prevent spillage. This container may otherwise be used for preparing sterile cotton pads. You can clean and reuse the box later as storage for messy toys such as paint pots and craft materials.

### **100% Cotton Face Cloth & Supersoft Towel**

Although it is sensible to prepare a multitude of old towels for a homebirth, we supply a brand new cotton cloth for dabbing your face during labour. Wash before using to give the welcoming scent of home

### **Virgin Plastic Floor Covering**

We supply you with a one-piece waterproof protective floor covering, to save you searching through home improvement stores in the later stages of your pregnancy. When you decide where you would like to give birth, ask your birth partner to lay old towels and sheets over the protective floor covering to make it comfortable and prevent slipping. Remember that your baby must be kept well away from plastic to avoid any danger of suffocation.

**Warning:** Danger of suffocation. Keep away from children and sources of heat.

### **Bocoton Organic Cotton Wool Pleat**

Perfect for creating hot pads for the perineum, and for gently cleansing your baby after the birth.

### **Biodegradable Rubbish Sacks**

A homebirth can be rather messy, so we include two heavy duty biodegradable bags for your rubbish.

**Warning:** Danger of suffocation. Keep away from children

### **Drinking straws**

In strong labour a thirsty mum, who may not want to move from her hands and knees, can drink easily from a bendy straw. We provide two per kit which you can wash and reuse as you need.

### **Lavender Pure Essential Oil 10ml**

Lavender oil has effective calming and healing properties. Use a few drops in a small measure of water in the oil burner to create a relaxing aroma during labour. Soothe aches and soreness afterwards by adding a few drops to bathwater. A few drops on your pillow can promote deep and peaceful sleep.

**Warning:** Highly concentrated. Avoid direct contact with skin and do not use internally. Keep out of reach of children. Keep away from polished surfaces.

### **Relaxing Natural Aromatherapy Candle**

This candle is handmade in England with natural palm wax and essential oils of Bois de Rose, chamomile, geranium and lavender. Burn during labour to relax mind and body. Burning time is 35 hours.

**Warning:** Never leave a burning candle unattended. Keep away from draughts and out of reach of children and pets. Always place on a fire and heat resistant surface. Do not move the candle while it is lit as the tin may become hot. Burn for a maximum of 4 hours at a time.

### **Curved Ceramic Oil Burner**

An excellent accessory to aid relaxation before, during and after the birth. Use with the lavender essential oil to soothe and calm during labour. Mix a few drops in a small measure of water in the burner and light a tealight below to release the fragrance. Available in black or white. Stones not included.

**Warning:** Frequently add water to avoid burning dry. Never leave a burning oil burner unattended. Keep away from draughts and out of reach of children and pets. Always place on a fire and heat resistant surface. Never move the burner while it is lit.

### **Pack of 10 Tealight Candles**

A benefit of homebirth is avoiding the bright lights and unfamiliar noises of a hospital. Create your own candlelit sanctuary with these versatile tealights – a beautiful way to welcome your child into the world. Your midwife will need extra lighting for her tasks, but the presence of burning candles can be extremely calming. Use with the oil burner, or for a candlelit bath after the birth. Each tealight burns for 4 hours. Slate tile not included.

**Warning:** Never leave a burning candle unattended. Keep away from draughts and out of reach of children and pets. Always place on a fire and heat resistant surface. Do not move the

### **Opal London Stress Release Massage Oil 30ml**

A relaxing and fragrant blend of geranium, lavender and patchouli essential oils, to soothe and release tension. It is important to be as relaxed as possible because anxiety can slow down labour. Ask your birth partner to gently massage the oil into your back, neck and shoulders during the first and second stages of labour.

**Warning:** If using a birth pool, beware of possible slip hazard if oils merge with the water.

### **British Standard Hot Water Bottle 1.75 litres**

This multifunctional hot water bottle can ease labour pain if placed on the lower back or abdomen. Soothe after-pains by placing on the tummy. If you don't need it for pain, warm the Moses basket or crib to make a snug nest for the baby to rest in. Colours vary.

**Warning:** Do not use boiling water. Be careful when filling the bottle to avoid being burnt or scalded. Check the heat of the bottle before placing on skin. Remove the bottle and check the temperature of the sheets before lying the baby in the Moses basket or crib.

### **Beauty Formulas Face and Body Cooling Mist 75ml**

A revitalising cooling mist for face and body. It instantly stimulates your skin leaving it cool and invigorated, and can be used during labour to relieve heat-related discomfort.

**Warning:** Pressurised container. Protect from sunlight and do not expose to temperatures exceeding 50°C. Do not pierce or burn even after use. Do not spray near fires, flames or any incandescent material. Keep out of reach of children.