

BIRTHING NATURALLY

Packing your Birth Bag

In addition to the bag of clothes and baby things you pack to bring to your birth place, you may want to pack a bag of helpful labor supplies. In this bag you would keep anything you think might be helpful for you during labor. This worksheet will help you identify some of the tools you already have available, and the tools you would like to get. For discussion of ways to use these tools, please visit www.birthingnaturally.net.

Positioning Items

- Birth Ball
- Pool Noodle
- Large Pillows
- Kneeling Pad
- Rebozo
- Small stool
- Birth Pool

Comforting Items

- Hot Sock
- Massage Oil
- Massage Tools
- Ice Packs (or frozen water bottles)
- Selection of music and a way to play it
- Aromatherapy Oil
- Small Fan
- Tennis Balls
- Items such as pictures for focus
- Water bottle or juice boxes
- Shower

Personal Care Items

- Gloves
- Washcloths (for cooling or heating)
- Toothbrush and toothpaste
- Lip balm
- Headache medicine
- Sweater or sweatshirt
- Complete change of clothes
- Book to read
- Hairbrush and supplies

Techniques to Know

- Massage
- Nipple Stimulation
- Positioning for Labor
- Vocalization
- Hip Squeeze
- Abdominal or Patterned Breathing
- Perineal Massage
- Relaxation Methods

PACK FOUR BAGS

Even if you plan to give birth at home, "packing" puts all the items you want available in one easy to locate place. You may find having four bags gives you the ability to quickly find what you are looking for:

BAG ONE: LABOR

In the first bag, pack the tools you would like to have available during labor. Keep a list of last minute things you don't want to forget such as a special pillow or frozen water bottles from the kitchen.

BAG TWO: PARTNER

Pack a separate bag with items your labor partners may need such as a change of clothes, snacks, money for lunch, list of phone numbers, camera and breath mints.

BAG THREE: BABY

You can pack anything you might want to have available for baby in your new diaper bag.

BAG FOUR: MOM

You can pack the items you would like to have after baby is born, like change of clothes, in a separate bag. This way, you don't have to carry everything into the birth place at once.