

## The Girl's Home Birth Kits

These kits are made by a young girl, Jillian, who has connections to Beginnings Midwifery Care. She provides an affordable kit that includes necessary and recommended items that clients need to purchase for their home births.

The items in the kit, when purchased separately, typically come in greater quantities than what is needed, are more costly, require shopping at multiple locations (in store and online), and are not always easily found. The supplies included in the kit are based off the midwife home birth supply list and include the items you likely do not have at home.

The kits are nice for midwives and birth partners/doulas to have conveniently accessible. Jillian included reusable items in the kit for sustainability.

**Home Birth Kits are \$40 each (Cash Only). Thank you for supporting a young local entrepreneur.**

The Girls Home Birth Kit Items:

- 1 waterproof sheet protector- place on your bed prior to labour or during to protect the mattress from fluids. It has an adhesive backing for slip proof protection.
- 1 large pink reusable under-pad (could be used for crib use and potty training afterwards)
- 2 large blue under-pads
- 15 small blue under-pads
- 1 peri-bottle- for post partum perineal care
- 2 pairs of mesh underwear-very stretchy and meant to be used with pads. Washable and disposable. You can use them as long as needed.
- 3 Ultimate absorbency pads (marked with a U) - for use when waters break and/or for use after the baby is born when flow is heaviest.
- 8 Maximum absorbency pads- for use during the first couple days after the birth when the flow is heavy. After the first couple days you should be able to use standard heavy flow or regular flow pads until bleeding stops.
- 1 bottle of peroxide spray (for stain removal)
- 2 Large garbage bags
- 2 Large Ziplock bags (for placenta)
- 1 reusable bendable straw
- 1 reusable zipper bag to keep everything together