



Lisa Wraith
1 McGregor Ave
Healesville
VIC 3777
Provider 5164654L
0410692929
FAX +61 3 80805966

midwife@mimosamidwifery.com.au

Homebirth Prep List

Preparing for your home birth is an exciting time. Each family will prepare a little differently, below are some items to gather 🌻

Ambulance cover

Identifying flag or marker for letter box for Ambulance (if your home is difficult to find)

Packed hospital bag near front entry:

1 packet of disposable nappies, baby clothes x3 (singlet, all in one grow suit, wraps) P.J's, maternity pads, spare toiletries

Spare phone charger

Small cooler bag for frozen EBM if required

Baby Car seat fitted in your car

Birthpool - you can hire or borrow one. Your midwife 'may' have one available (\$150.00 including new liner). If you have a toddler your birth pool should be emptied prior to your midwives leaving after birth.

Table/coffee table (we can move close to pool for rhesus equipment set up)

Towels 20 - 30 (yes!)

Tarp/waterproofer for under birth pool - then cover with sheet to soften noise

Tap attachments for hose into pool - see above web site or BCF camping.

Food grade hose long enough to reach from the tap you intend to use into your pool



Lisa Wraith
1 McGregor Ave
Healesville
VIC 3777
Provider 5164654L
0410692929
FAX +61 3 80805966

midwife@mimosamidwifery.com.au

Bluey's (puppy pads from pet barn - environmental friendly ones)
Mirror 20-30cm x 20x30cm, preferable plastic edges
Sieve and container (ice cream or yogurt with lid please)
X1 Bin with liner
X1 washing basket for dirties
Bowls (placenta salad bowl that can float and a couple more for additional uses)

Camera for the second midwife to take photo's or video if time allows -
or unlocked phone (with consent we can take birth photo's/video's on
our phone & transfer to you, originals are then deleted)
Internet code for midwives to use if Netflix needed :)2

Your sacred birthing space

Music play list or hypno/calm birth meditations
Your favourite essential oils/burner/candles
Salt lamp /fairy lights
Positive affirmation to create a beautiful birth space that can help centre
you
Yoga ball
Yoga mat
Pillows (ensure your favourite ones have protectors)
Food for birth, your favourite fruit, protein balls, nuts, bread, honey, birth
support team may need some nourishing also
Straw/water bottle if preferred



Lisa Wraith
1 McGregor Ave
Healesville
VIC 3777
Provider 5164654L
0410692929
FAX +61 3 80805966

midwife@mimosamidwifery.com.au

A nourishing hot meal ready (frozen) for after birth, for you and your birth team. Coconut water for yourself and your birthing team members (at least 6 litres)

Cord tie if you wish to use: you can make one yourself or Blissful Herbs has many beautiful options (www.blissfulherbs.com.au). If you choose 'cord burning' 2 x long bee's wax candles for cord burning if you choose. Your midwife will carry and provide plastic clamps if required.

Your bed can be made up with a waterproof cover and an extra set of sheets over the top so that its easy to have a clean, dry cosy bed ready after birth

Lots of ice cubes++ available (to use on back of your neck or to suck on if you are nauseated)

6-12 Witchazel & lavender soaked pads; frozen in freezer for after birth

Expressed breast milk stored in syringes or sterile containers with your full name, date of birth and the date and time milk was expressed. Putting milk in a zip lock bag and in the freezer makes it easy to grab if required

Baby sitter or back up support for other children if needed.

Prepare a birth sketch with your birth wishes for your homebirth and another for hospital for us to advocate for you if a transfer occurs (sign and date)

Your Midwives' mobile numbers saved on both yours and your birth team's phones - Lisa 0410692929 and your Doula's number (if required)