



WHAT IS NECESSARY FOR HOME BIRTH

- Large TOWELS washed at 90 ° and possibly placed in closed bags
- SINGLE SHEETS and at least one double bed sheet washed at 90 ° and possibly placed in closed bags
- 2-3 TOWELS / WASHCLOTHS for guests (They can be used for perineum during birth)
- 3-4 cloths or soft cloths to welcome and wrap your baby at birth
- LARGE garbage bags (possibly the black big ones for the garden)
- High and comfortable MAT to be able to stand in all positions on the ground
- Adjustable lamp
- CUSHIONS of all types and sizes
- 2 Plastic Liner/CANVAS 5 x 5 m. (used by painters to protect furniture and floors)
- ELECTRIC STOVE to heat the environment
- A few waterproof cloths, disposable ones are fine
- Music, candles and essential oils (to taste)
- Calendula extract, Honey and instant ice for the perineum
- Hot water bottle or seeds to be heated
- FOOD Something you like to eat during labor, convenient and simple for you, your partner and midwives.
- FOOD something ready to defrost for the days following the birth

For birth pool use

- 14-15 mm diameter tube. Length from the toilette to the pool place
- Connector to hook it to your sink

Lotus birth

- 1 colander and 1 bowl to contain it
- 1 pack of gauze (20x20 cm no steril, those sold in packs of 1 kg for example) or towels of various sizes
- 1kg of salt
- A few cotton bags with handles

Placental remedies

Ask with your midwife

Shape print of the placenta

2 sheets A3 size

During the home visit at 37 weeks, it's requested a deposit equal to 30% of the total birth rate. During pregnancy you will have to look for a PEDIATRICIAN available for the visit of your puppy within 12-24 h. from birth. Very often pediatricians carry out this visit on a self-employed basis.