



Mystic Midwifery

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In His Hands Custom Birth Kit

Please purchase the custom homebirth kit from inhishands.com.

Open the website and search for your midwife's name. Purchase her personal birth kit during the middle of your pregnancy. Items in the homebirth kit include:

- 3 oz Bulb Syringe
- Wishgarten Afterease Tincture
- (30) Alcohol Prep Pads
- 1/3 oz Arnica Massage Oil
- Commemorative Birth Certificate
- Digital Thermometer
- (4) Bending Drinking Straws
- (12) Sterile Gauze Sponge 4x4
- Herbal Afterbirth Bath
- (2) Infant Hats
- Lasinoh Breast Cream
- 4 oz Tube Lube Jelly
- (3) Medium Latex Steril Glove Pairs
- (6) Medium Latex Sterile Glove Singles
- (2) Mesh Panty Stretch Briefs
- (2) Peri Bottles
- (3) 40x90 Plastic Backed Sheets
- (3) Plastic Cord Clamps
- (1) 4 oz Bottle Povidone-Iodine

Please open your birth kit upon arrival in the mail and double-check that all items are present. Place birth kit in a clean, safe area until the time of birth is nearing.

HOME BIRTH SUPPLY LIST For Parents

Birthing Supplies to be Purchased at Walmart or Walgreens/Pharmacy Before 37 Weeks of Pregnancy:

- Raw Organic Coconut Oil
- (2) Large Bottles of Hydrogen Peroxide
- Hot & Cold Packs
- Heating Pad
- Flashlight w/ Extra Batteries
- Plastic Trash Bags
- (20) Large Disposable Underpads
- Package of Heavy and Normal Flow Period Pads
- (1) Clean Fitted Sheet to be Possibly Tarnished for Birth
- (1) Clean Fitted Sheet for After Birth
- (2) Clean Top Sheets
- Clean Cases for All Pillows
- (8) Washcloths
- (6) Towels to Possibly be Soiled
- (8) Receiving Blankets
- Plastic Eye Dropper
- Sitz Tub

Waterbirth Items:

- Waterbirth Tub w/ Liner (Cleaned with Bleach or Iodine Before Filling with Water)
- Bleach
- Clean Hose w/ Faucet Attachment
- Proper Air Pump to Inflate/Deflate
- Tarp or 2 Shower Curtain Liners
- Extra Towels
- (2) 5 lb bags of Sea Salt

Visit waterbirthsolutions.com for birth tubs and items

ACQUIRING + SETTING UP BIRTH SUPPLIES: Please acquire all items before 37 weeks of pregnancy. Store items in a clean, assessable area. During the midwife's home-visit, show her where the birth supplies are located. Wash and Dry all linens with hot water and on heated dry, fold and place in clean trash bags prior to 37 weeks gestation. Upon arrival of the midwives, many items will be put into place. If having a water birth, on the day of true labor turn up the temperature on the hot water heater, or pull out the large pots onto the stove to make sure hot water is available for the event.