

Carriage House BIRTH

Carriage House Birth Preparedness Plan
#birthflow

Items for labor	Packed	Notes
Postpartum clothes		Example - drawstring pants, button down pj shirts, tanks, infant feeding tanks/bras, cozy socks (enough for 2-3 days)
First outfits for baby (can be going home outfit)		Example – long sleeve onesie with pants, socks, hat, blanket or bunting for car seat.
Fluffy Pillow & neck pillow for birthing persons head		Dark pillow case, expect that pillow may be lovingly tossed after the experience.
Cozy throw/small blanket		Great for cozy labor moments as well as early postpartum hours.
Flip flops or slippers		In hospital, non-skid socks are provided as an alternative
Snacks and beverages		Broth/soup in thermos, energy bars, electrolyte drinks (low sugar), honey sticks, watermelon, popsicles, etc..
Personal care items		HAIR TIES if applicable, small toiletry bag of essentials for birthing person and partner (toothbrush, hair brush, soap, mouth wash, room spray, body oil...)
Portable speaker for playlists and charger		Blue tooth, extra chargers,
2 wash clothes		One for birth and one postpartum
Chargers		
Water bottle with straw built in		Camelpack water bottle with built in straw, think Starbucks
Lip balm		Dry lips from thoughtful breath
Head phones		Ones that cover the ears if possible. Creates a true container
Peanut ball		
Birthing ball		A perinatal tool. prenatally as a tool for optimal fetal positioning, laboring as a seat that creates space and releases the hips postpartum as a bouncy seat to lull a fussy babes.



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Talisman		Meaningful item with specific sentiment to you (photograph, stone, notes, banners, post-its, mantras)
Flameless tea lights		We like six smalls

All suggested items can be found on our [amazon registry](#) for your convenience.

#birthflow

Items for home (labor)	Packed	Notes
Menstrual pads		Fragrance free or depends
Witch hazel		Thayers unscented (no alcohol) for hemorrhoids
Hot water bottle or heating pad		
Cold packs		
Wipes		
FOOOOOOOOOOOOOD		Think small nourishing bites
Breast Pump		Manual or electric (may use to help labor along)
Playlists		Think a variety of different music (mix tapes style)
Flameless tea lights		May also be in your go bag
Essential oils /infuser		What are your scents/blends?
Birthing ball		A perinatal tool. prenatally as a tool for optimal fetal positioning, laboring as a seat that creates space and releases the hips postpartum as a bouncy seat to lull a fussy babes.



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#postpartumrealness

Items for home (postpartum)	Packed	Notes
Menstrual pads		Preferably thin overnights with wings (I like 7 th generation- no perfume or dye)
Witch hazel		Thayer's brand liquid and/or tucks if the hospital does provide
Sitz bath and herbs		Wish garden herbs are awesome
Diapers		Nb size and size 1 or cloth or whatever suites your family!
Wipes		Can use flannel and warm water, water wipes, etc...
FOOD		What's in the freezer?
Safe place to put the baby down that is portable		Rock n' play, bouncy seat, etc...
Safe place for the baby to sleep		Lets consider what will work best for your goals around feeding the baby and your mental health
Car seat		
Ways to get baby out of the house		Wraps, carrier, stroller (one stroller and one carrier/wrap) -see amazon registry for most current favorites
Clothes for baby		(10 shirts, 10 pants, 10 suites, 10 socks, 2 hats, bunting, etc)
Swaddle blankets for baby		
Feeding pillow		
Pump (if feeding with your body)		
Bottles		Variety of bottles is to be expected. Baby will let you know when you have found the right fit for them.



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Recipes:

#postpartumrealness

Witchsuckles

9 pads (thin overnight with wings)

1 bottle of witch hazel (no alcohol/unscented) you wont use the whole thing

Parchment paper

Freezer storage bag or box

Lay out a long piece of parchment paper and place one pad on it with enough room to wrap one layer of the parchment over it. Squirt enough witchhazel on the pad to dampen it but not so that its dripping, roll the pad and parchment and lay down another pad. REPEAT until you have three pads soaked in witchhazel wrapped in parchment so that they are not touching.

This is day one of pads.

Repeat entire process until you have 3 bundles of pads wrapped in parchment. Store in freezer until you have delivered.

Nettles Infusion:

If you are experiencing low supply, blood loss, fatigue, (sound familiar?) that drinking a pint of infused nettles might be the trick to bring you a little pep and a little more milk. *Herbs are potent. Please check with your care provider before consuming herbs. *

1 cup loose dried nettles (check our amazon registry or use mountain rose herbs)

1 quart distilled or filtered water, boiled

1 quart sized mason jar with lid

Put one cup of nettles in to the bottle of a clean and dry quart sized mason jar

Carefully pour in boiled water

Let steep on the counter for 4-8 hours (we often steep overnight)

Strain and drink one pint a day at room temp, or cold if that seems appealing.

Infusion can be stored in the fridge for up to three days.

Please take a moment to list healthy and nourishing foods and drinks below that you could open the fridge and grab or find at your feeding stations throughout your home.



