

SONIA KILLIK

Birth

AN HONEST GUIDE
TO NATURAL, EPIDURAL
AND CAESAREAN CHOICES



BIRTH BAG CHECKLIST

Name _____

Birth

LOGISTICS

- Identification papers for both parents.
- Pre-authorisation from your medical aid or insurance.
- Certified copy of your marriage certificate, if you're married.
- Birth plan, detailing your wishes regarding interventions for both you and your baby (episiotomies, delayed cord clamping etc.).
- Extension cord and plugs for charging cellphones etc.
- Digital clock for birth time.
- Camera (charged batteries).
- Music player with preloaded playlist.
- Blu-tack/Prestick (to stick things to the wall).
- Hand-held electric blender.
- Phone charger (so you can Facebook your news of course).
- Correctly fitted and rear-facing car seat (washed first).
- Air bags dismantled if the seat is in the front (facing backwards of course).

STUFF FOR MOM

- Big loose t-shirts / old clothes / bed clothes.
- Dressing gown and slippers.
- Personal toiletries.
- Cotton panties.
- 2 x sanitary maternity pads.
- 2 x sanitary panties.
- Linen savers (for your bed at home, they are like potty training flat absorbent sheets).
- Swim-suit for you and your partner if you're having a water birth (or go naked).
- Epsom salts (for your bath, to help with post-birth healing).
- Linseed oil and prunes (helps with constipation after birth).

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STUFF FOR LABOUR

- Bendy straws (so you can drink without having to sit up).
- An old sock filled with beans (great for massage).
- Frozen peas (massage).
- Lemon barley drink (don't forget your raw honey and hand held blender).
- Portable carbohydrate-based food and chopped-up fruit.
- 2 x hot water bottles (to keep you and your baby warm after the birth).
- Floaty water pillow for water birth if your midwife doesn't have one.

STUFF FOR BABY

- Baby clothes (washed in natural soap, only cotton fabric):
 - 4 x baby grows;
 - cotton hat turned inside out so the stitching doesn't scratch their sensitive skin;
 - plain socks also turned inside out.
- Baby changing mat.
- Nappies.
- 3 x receiving blankets.
- 3 x gauze square packets (for general wiping and grooming - any pharmacy will have them).
- Weccesin powder (for the umbilical cord - at any pharmacy or health store).

ATMOSPHERE STUFF

- Scented candles.
- Lavender and teatree essential oils.
- Aromatherapy burner and oils.
- Affirmations / inspiration poster.
- Family photographs.
- Welcome letter to newest family member.

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CLEANING STUFF (Home Birth)

- 2 x buckets (one for throwing up, the other for cleaning materials)
- Bleach, all-purpose cleaner, scrubbing brush.
- Lots of towels (old and new).
- Large plastic bags (for dirty linen).
- Roll of paper towel.
- Washing powder (for hand-washing clothes - natural and organic if possible).