



### **Parents Supply List**

- Olive Oil- small, unopened bottle for perineal massage
- Bulb syringe ear type -large 3oz size
- 4x4 gauze pads- 1box
- Thermometer
- Bendable straws
- Peri wash bottle
- Witch Hazel- chill in the refrigerator
- Plastic drop cloth- shower curtain or flannel back table cloth works well
- Plastic sheet for your bed
- Bleach for clean up
- Trash bags
- Disposable underpads Flat ones at least 20
- Sanitary pads Large over night size or make your own out of old tee shirts
- 4 sheets {2 sets} 6 wash clothes, 5 towels, 6 receiving blankets Dry for an extra 10 minutes and place in bag close with tape
- Flash light
- Bowl for the placenta
- 2- quart size zip lock bags
- Nourishing snacks and drinks
- Camera
- Have set out what you would like to put on for your self and the baby after the birth