

WHAT TO PACK CHECKLIST

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HOSPITAL BIRTH

- Music
- Flameless Candles
- Dream support team!
- Birth preferences list
- Phone charger
- Water bottle with straw
- Slippers or sandals
- Postpartum panties
- Nursing bra
- Lounge gown
- Robe
- Hair tie and bobby pins
- Toothbrush
- Contact case or glasses
- Snacks
- Gum
- Chapstick
- Going home outfits for mom and baby
- Camera
- Carseat
- Hat for baby
- Socks for birther and baby
- Pillow (optional)
- Swaddle blanket for baby

HOMEBIRTH

- Midwives homebirth checklist
- Music and bluetooth speaker
- Flameless candles, or string lights
- Support team (and phone numbers)
- Water bottle with straw
- Postpartum panties or adult diapers
- Robe
- Heat pack
- Fan
- Snacks
- Tens machine or massage oil (optional)
- Diffuser and essential oils (optional)
- Birth pool
- Dark sheets and plastic for bed
- Blue pads, garbage bags
- Mirror, net, thermometer, for pool
- Peri bottle
- Hospital transfer bag

NOTES

PADSICLES RECIPE

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SUPPLIES



- 5 Large Pads - Kotex nighttime ones work well, and you can cut them in half, if you want to be thrifty and get double the padsicles.
- 3.5 Cups Water - this is very specific. If you don't have the perfect amount of water, the padsicles will be ruined (just kidding...maybe).
- 1/2 cup Witch Hazel
- 4 drops Lavender Oil (so your vag can smell like a flower, and be healed at the same time). This is optional. Tea Tree oil also works.
- 3 TSP Calendula (It's okay if you need to Google this).

1

Mix the witch hazel, Lavender, Calendula, and water in a bowl.

2

Pour a fair amount of the mixture on each pad.

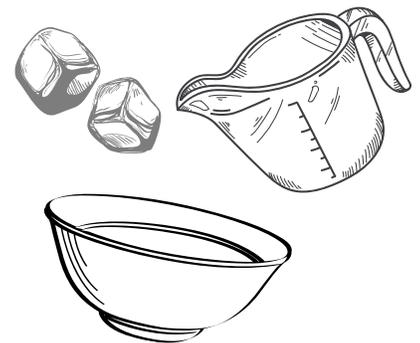
3

Place the pads in the freezer. *Pro Tip, if you lay the pads over a bowl, you'll get a nice curved shape for your bottom - genius!

4

Once frozen, take a pad from the freezer and put it on the lady bits to help bring down the swelling.

DIRECTIONS



Now, sit your butt down on the couch or bed, for about the next 6 to 12 weeks and let your body heal!

BIRTH ACRONYMS

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WATER BROKE? REMEMBER TACO!

T **Time** - What time did your water break?

A **Amount** - How much fluid was there?

C **Colour** - Is the fluid clear, or is there a colour to it?

O **Odour** - Does it have an odour?



Make note of all these, so that you can relay the info to your care provider.

HAVE A DECISION TO MAKE? REMEMBER BRAIN!

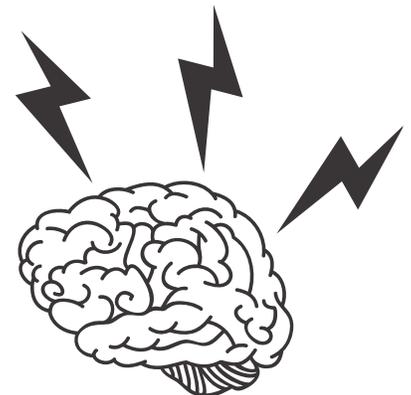
B **Benefits** - What are the benefits?

R **Risks** - Are there any risks involved?

A **Alternatives** - Are there any alternatives?

I **Intuition** - What's your intuition telling you?

N **Nothing** - Can you do nothing, or wait to make a decision?



Remember that you are in control and can make decisions for your care.

POSTPARTUM MUST HAVES

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Padsicles - To help bring down swelling.

Washable breast pads - So that you don't leak through your shirts!

A good breast pump - To increase your supply, if needed, or to pump out excess or build up a freezer supply.

Large postpartum underwear or adult diapers - For all of the postpartum lochia.

Matress protector - To catch all of the bodily leaks.

Diaper caddy - To fill with diapers, wipes, change of clothing for babe, snacks, water bottle, phone, etc. so that as you go from spot to spot around your home, you can carry baby in one arm and all your other essentials in your other arm.

Large muslin or jersey swaddle/receiving blankets - Large and lightweight with slight stretch is best, just remember to always leave the swaddle loose around baby's hips, for healthy hip development.

Small bouncy chair - To put baby in, and bring into the bathroom, when you bathe or shower.

Wrap or carrier - To keep baby feeling safe and warm, while they transition during the fourth trimester, and just to make life easier, overall!

Raspberry leaf tea - Helps tone your uterus, and can also help increase milk supply.

Hobbies - Find some hobbies to keep you busy while you heal, so that you can still feel productive and creative, and more like your usual self.

Good friends - You need other friends who are parents, that you can relate to and confide in!

Remember that the more you rest during the postpartum period, the faster you will heal!

NOTES