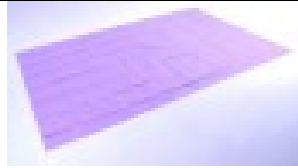


Home Birth Kit Contents

Waterproof Floor Sheet



From the makers of Birth Pool in a Box, this soft, waterproof and tear proof floor sheet is ideal for protecting your Birthing area.
The tough vinyl will not slip or slide, and has the advantage of being quiet... unlike the cheaper versions that rustle every time you move.
Its durability will reward you with long term use, so it should still be around when your baby is flinging food at the weaning stage... with enough strength to still be around for your toddlers messy play.

Disposable Bed Pads



These 90cm x 60cm bed pads are very thin, but ultra absorbant, with the capability of holding up to a litre of fluid. Use to keep your Birthing area dry and clean, or under your bed sheets to protect your mattress in late pregnancy.
Pack of 10
Free pre- packed 60cm x 60cm bed pad for the glove box of your car for extra reassurance

Evian Cooling Spray



The Birth process can be a long and energetic process
This 50g spray is ideal for keeping your cool when you are working hard.
Evian is the only cooling spray that contains ONLY WATER and an inert propellant, so you can use it with confidence throughout your Birth experience and afterwards.

Stress Balls



Holding and squeezing stress balls during a uterine surge can divert tension in the shoulders and neck. They can also be a great distraction during the latent phase of the Birthing process.
Unlike cheaper ones, these balls are made from high quality foam which spring back into shape immediately.

Body Wipes



Pack of 10 Clinell Bathing Wipes to clean and refresh both during and after the Birth of your baby. **Please Note:**

- **These wipes and should not be used on babies**
- **Although they can be warmed in the microwave, your Midwife will not be able to do this for you in hospital, due to health and safety constraints.**

Utility Bowl



This sturdy but disposable plastic bowl has multiple uses

- It can save you getting up to go to the loo
- It can be your friend if you are feeling nauseous
- It can be used as a birth pool scoop
- Your placenta will fit into it nicely

Natracare Maternity Pads



Box of 10 Natracare Maternity Pads
Made from organic biodegradable cotton, these comfortable absorbant pads do not interfere with stitches like many dry weave topsheet pads can and are allergy free

Natracare Nursing Pads



Just like the Maternity Pads, Natracare Nursing Pads are soft, absorbant and made from allergy free organic cotton. The adhesive tab at the back keeps the pad securely in place keeping any leakage away from the skin, and away from clothing .

Cotton Face Cloth



This soft cotton facecloth can be used to cool the face and body by soaking in warm water and removing the excess. Its affordability means that you can use it for intimate washing and then discard it afterwards.

Baby Receiving Towel



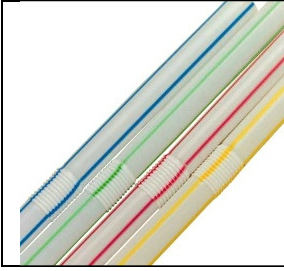
Disposable soft white cotton towel which can be used to dry and clean baby as soon as they are born, but with the affordability of being able to discard it afterwards.

All in One Disposable Pants



Ordinary paper knickers can be ill fitting and rip easily when changing pads. These all-in-one pants are stretch fit and come with a built in maternity pad, so you simply rip the sides and throw them away. Ideal for the first couple of changes when flow is heaviest and you are at your most weary. These pants are also fantastic if your mobility is limited, i:e, if you have had an epidural or operative delivery
Please order by your pre-pregnancy size

Drinking Straws



Ideal for using in labour, when you are in a comfortable position that might not be dynamically convenient to drink straight from a tumbler or bottle.

6 Straws per pack, packed in sturdy plastic to help stop bending or crushing.

Compact Tissues



Handy pocket size tissues for those emotional moments.... Or maybe just a runny nose x 2 x packs.. one for you and one for your Birth partner

Please note: the manufacturer may vary.