



Dandelion Midwifery

Preparing for Your Homebirth Supplies & Suggestions

Homebirth kit available for purchase from Dandelion Midwifery for \$20.00

Includes:

Peri bottle	Ice pack
Lap sponges (2 packages)	Garbage bags (2 large)
Disposable incontinence underpads (23"x36")	Overnight sanitary pads

Other supplies you should gather for your homebirth:

- | | |
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| <input type="checkbox"/> Large clear plastic tote/tupperware to keep supplies organized and clean | <input type="checkbox"/> Ibuprofen |
| <input type="checkbox"/> 5-6 bath towels | <input type="checkbox"/> Tylenol |
| <input type="checkbox"/> 6-8 wash cloths | <input type="checkbox"/> Gravol |
| <input type="checkbox"/> Extension cord | <input type="checkbox"/> Arnica (200 ch) |
| <input type="checkbox"/> Bowl for the placenta | <input type="checkbox"/> Thermometer |
| <input type="checkbox"/> 6 receiving blankets | <input type="checkbox"/> Newborn Diapers |
| <input type="checkbox"/> 2 sets of sheets and pillow cases | <input type="checkbox"/> Undershirt |
| <input type="checkbox"/> Plastic mattress cover or shower curtain | |
| <input type="checkbox"/> Table lamp (goose neck if possible) | <input type="checkbox"/> Sleeper |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Baby hat and socks |
| <input type="checkbox"/> Epsom salts | |

Prepare your bed

A convenient way to prepare your bed is to make a bed "lasagne". Layer your clean sheets for before and after the birth. Put on a clean fitted sheet and flat sheet (this layer is for after the birth). Over this, put the plastic mattress protector (or large plastic shower curtain liner). Then over this put an old fitted sheet and flat sheet, maybe a light blanket, you won't mind getting messy.

Snacks and Drinks for Labour

Juice or coconut water
High protein snacks
Fruit

Labour-Aid Mix to taste, the following:

Coconut Water
Squeeze of lemon juice
Pinch of sea salt
Honey or maple syrup

Postpartum meal – your favourite food and drink

Wine, champagne, birthday cake, toast and nut butter, whatever you would most enjoy!

Groaning Cake

Try baking Groaning Cake, it's a delicious treat for new mothers.

The tradition of the groaning cake, or *kimbly* at (or following) a birth is an ancient one. Wives' tales say that the scent of a groaning cake being baked in the birth house helps to ease the mother's pain. Some say if a mother breaks the eggs while she's aching, her labour won't last as long. Others say that if a family wants prosperity and fertility, the father must pass pieces of the cake to friends and family the first time the mother and baby are "churched" (or the first time they go to a public gathering) after a birth. Many cultures share similar traditions...a special dish, bread, or drink, spiced with cinnamon, all spice, and/or ginger. At one time there was even a "groaning ale" made to go with it...

"I made groaning cake the day of my son's home birth and my neighbour brought me 'health bread' the day after the birth. This recipe is a combination of the two. It has apple, molasses, orange juice and spices and can really help to see a woman through a long labour, or give her strength after the birth!" Ami McKay

2 ½	cups Flour
3	eggs
2 tsp.	baking powder
1 tsp.	baking soda
½ cup	oil
½ cup	orange juice
2 tsp.	Cinnamon
¼ cup	molasses
½ tsp.	ground cloves
1 ½ cups	sugar
1 ½ cups	apple (grated, no skin)
1 tsp.	almond extract

Sift dry ingredients together. Add apple. Beat eggs. Add oil, orange juice, molasses and sugar. Add to dry ingredients. Mix well. Add almond extract.

Bake at 350 F. for 35-40 minutes.

Makes two 9 X 5 loaves or about 18 muffins.

Additions: raisins, dates, dried fruits, or nuts.

This recipe is found in Ami McKay's novel, [*The Birth House*](#).