Birth support supplies

These are things that can be used to provide comfort and relief to a laboring woman. **These are supplies and tools to use. You may want to buy these things during pregnancy to prepare for the birth.** There are also many support techniques involving counter-pressure, positioning, or movement that helps cope with contractions.

Pro tip: Hire a DOULA.

I serve the Dayton, Ohio area 😊
**Hydrotherapy**
- A big water jug to stay hydrated.
- Have extra ice ready.
- Washcloths
- A cooler with ice water to dip washcloths in
- A crockpot of warm water to put hand towels or washcloths in for the comfort of a relaxing warm compress
- You can also use a ceramic dutch oven to preserve dry warmth. Throw some hand towels in the dryer. Fold them into a dutch oven to keep warm. If you don’t have a dutch oven, you can use a slow cooker (crock-pot) with a lid.

Also, you will need towels to dry off if you are getting in and out of the tub or shower. Water is a wonderful method of natural pain relief and relaxation. Get some towels that you don’t mind getting dirty.

**For positioning**
- Pillows
- Birth ball
- Peanut ball
- Rebozo or birth scarf (often used for counter-pressure as well)
- A birth rope or hammock to lean into or squat with

**Massage tools**
- Massage ball roller
- Handheld massage tools
- Tennis balls (to rub on her back)
- Any back and shoulder massagers the mom likes
- A scalp massager
- Massage oils or lotion

**Aromatherapy**
- Essential oils or calming fragrance oils
- A diffuser
To distract from the pain of contractions
- Stress balls or swim balls to squeeze during a contraction
- A wooden comb in the hand on acupressure points

Soothing heat
- A heat pack filled with corn or rice (you may want more than one)

Pain relief
- TENS machine

Supporting the best mindset
- Birth affirmations
- Faith-based devotions
- Encouraging scriptures

Other things
- A hand fan
- An electric fan to sit by (labor is exercise!)
- Soft lighting (low lighting is often more relaxing for mom than bright lights on)
  - Salt lamps are nice
  - String lights or twinkle lights are a nice way to have low lighting
- Music that she finds encouraging or calming

Are there any other supplies you use to provide comfort during labor or for coping with contractions? Please share by commenting on the MIWE Facebook page at www.facebook.com/MaternalinfantWellnessEducation