

Labour Goody Bag

What to take with you in the labour room and how to remember to use it

- ❑ When you arrive set up the room so that the bed is dropped down low and you have a kneeling mat next to the bed
- ❑ Put the gear from your labour bag on the bed so that you remember to use it- it will also remind you not to be in the bed early
- ❑ Change what you are doing every half an hour- eg walk up and down corridor, get in shower, have a lower back massage leaning forward with elbows on the bed, use steaming hot nappies
- ❑ Long soft out breath.... "ahhhhh" regardless of what aid you are using

What to take

- ❑ 3 cloth nappies
- ❑ 3 large clip lock bags
- ❑ Insulating bag for hot nappies
- ❑ Extra undies
- ❑ Socks x2
- ❑ Massage oil
- ❑ Kneeling mat
- ❑ Gel hotpack
- ❑ Swimmers for partner
- ❑ Large loose T-Shirt to labour in
- ❑ Clary sage essential oil (mix 4 drops in 10 mls of carrier oil-such as jojoba oil - pre-mix at home).
- ❑ Food- finger food for support person
- ❑ Energy bars/
- ❑ Drink- eg apple juice
- ❑ Face washer- for cooling face if in a hot bath towards end of first stage
- ❑ Toiletries- eg toothbrush, pads for after the birth