

Essential Reading

How to Have a Baby by Natalie Meddings : <https://amzn.to/3ZEyHRj>

Why Homebirth Matters by Natalie Meddings : <https://amzn.to/3N262OM>

The Positive Birth Book by Milli Hill : <https://amzn.to/3TIHi1J>

In Your Own Time by Sara Wickham : <https://amzn.to/3TJhWAS>

Matrescence: On the Metamorphosis of Pregnancy, Childbirth and Motherhood by Lucy Jones : <https://amzn.to/3BkyiJM>

Birth Supplies

TENS hire : <https://amzn.to/3zATGKk>

TENS purchase : <https://amzn.to/3TKVxTs>

Aromatherapy oils : <https://amzn.to/3TKwccr>

Diffuser : <https://amzn.to/4ei6Yuh>

Wave Birth Comb : <https://amzn.to/3XYxNxT>

Handheld Fan : <https://amzn.to/47K1WnD>

Honey Energy Sachets : <https://amzn.to/4duP1H>

Breastfeeding

Lansinoh Nipple Cream : <https://amzn.to/3TKLMou>

Silver Nipple Shields : <https://amzn.to/3XNW8VY>

Caddy : <https://amzn.to/4dj6dzO>

Bottle Feeding

Caddy : <https://amzn.to/4dj6dzO>

Homebirth Specific

Inco pads : <https://amzn.to/47LJkDN>

Towels : <https://amzn.to/3BkHHRH>

Floor protection tarp : <https://amzn.to/3TNImCp>

Birth Prep

Perineal Massage : <https://amzn.to/3Bp71Wz> or <https://amzn.to/4dwnCoU>

Postnatal

Cooling Maxi Pads : <https://amzn.to/3BkHghD>

Peri Bottle : <https://amzn.to/3TM3fNr> or <https://amzn.to/3ZNRlea>

Spritz for your Bitz : <https://amzn.to/3ZFfRcG>

C-Section Recovery

Scar patches : <https://amzn.to/3ZFflpE>

Podcasts

The Midwives Cauldron : <https://open.spotify.com/show/2BmifAGWgM08MBpyOvFvC1?si=78255e7a586f455c>