



What's In Your Birth Bag?

an online resource
created to accompany

Pre- and Perinatal Massage Therapy:

*A Comprehensive Guide to Prenatal, Labor
and Postpartum Practice
(Third Edition)*

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this resource links to:

Chapter 5, page 161





What's In Your Birth Bag?

If you are supporting a birth, have your birth bag ready to go at a moment's notice and at your fingertips while you are on call.



Items for you include:

- two sets of comfortable, professional clothes for a variety of temperatures and with pockets
- shoes (washable after birth)
- non-perishable food and one handed snacks for 1-2 days



- water bottle and energy drinks
- personal toiletries including hair ties and clips
- mobile phone and charger

Items or your client include:

- variety of massage and acupressure tools (sanitizable after birth)
 - silicone balls
 - massage rollers
 - head scratchers
 - combs for client to squeeze in hands
- unscented lotion
- battery operated candles and/or string lights
- birth affirmation cards
- optional with appropriate training in use
 - labor TENS unit
 - rebozo (washable after birth)

