ROOTED BEGINNINGS

Childbirth Education - Virtual & In-Person Class Kit Checklist

Class Date: _____ **Class Type:** [ ] In Person [ ] Virtual **# Kits:** _____

PACKAGING

- ■ Drawstring bag or tote Qty: ____

CLASS MATERIALS

- ■ Class workbook Qty: ____
- ■ Birth preferences worksheet Qty: ____
- ■ BRAIN decision-making card Qty: ____
- ■ Labor positions card Qty: ____
- ■ Comfort measures card Qty: ____

COMFORT ITEMS

- ■ Small comb Qty: ____
- ■ Peppermint essential oil Qty: ____
- ■ Lavender essential oil Qty: ____

POSTPARTUM & NEWBORN RESOURCES

- ■ Postpartum planning sheet Qty: ____
- ■ Hospital / homebirth packing checklist Qty: ____
- ■ Newborn feeding resource Qty: ____

DIGITAL RESOURCE

- ■ Resource QR code - include in both virtual and in-person kits Qty: ____

FINAL CHECK

- ■ All materials included
- ■ Essential oils sealed and labeled
- ■ QR code tested
- ■ Kit ready for participant / mailing

Notes: _____