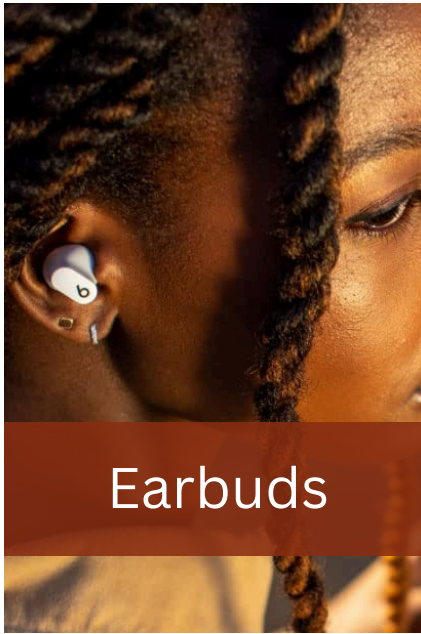




Birth Worker

Gift Guide

**The ultimate gift
guide for anyone
who cares for and
supports people
during birth.**



Earbuds



Reusable Snack Bag



Tea Infuser



Lotion & Balm



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OF UTAH
MIDWIFING MIDWIVES

Birth Worker Gift Guide

During the Birth

These are the items that every birth worker needs in their “go bag” so that they are always ready to be called to a birth.

www.midwifery.edu



Warm Socks



Trail Mix



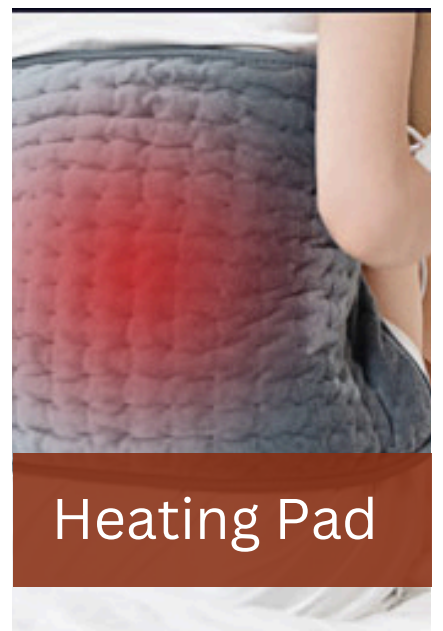
Phone Charger



Tea Kettle



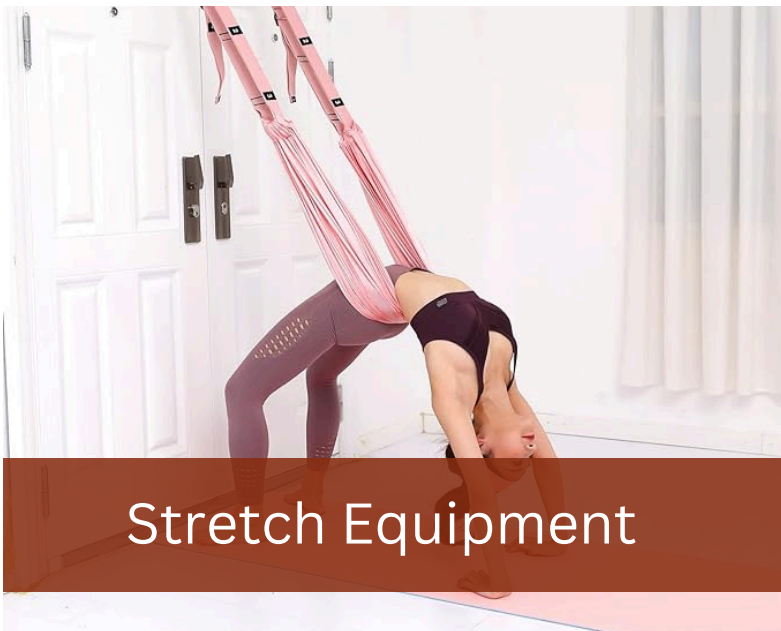
A Watch That Never Dies



Heating Pad



Skin Care



Stretch Equipment



Crochet Kit



Bath Bombs



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Birth Worker Gift Guide

After the Birth

After spending countless hours caring for others, these items will help your loved one care for their mind, body & soul.

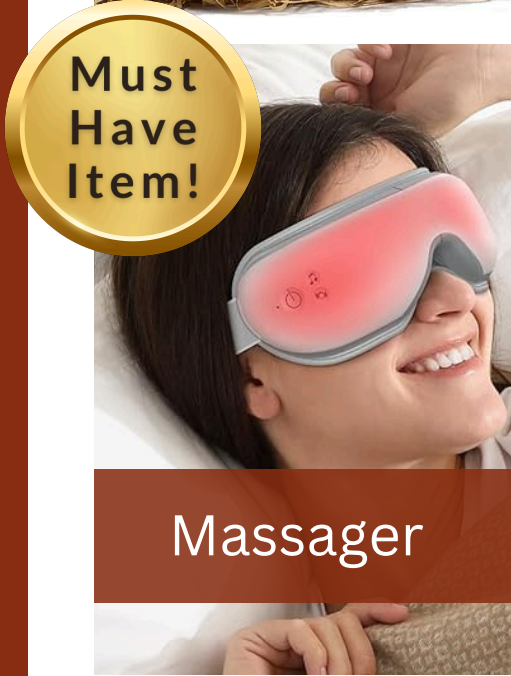
www.midwifery.edu



Spa Wrap



Blue Light



Must
Have
Item!

Massager



Journal



Audible Membership



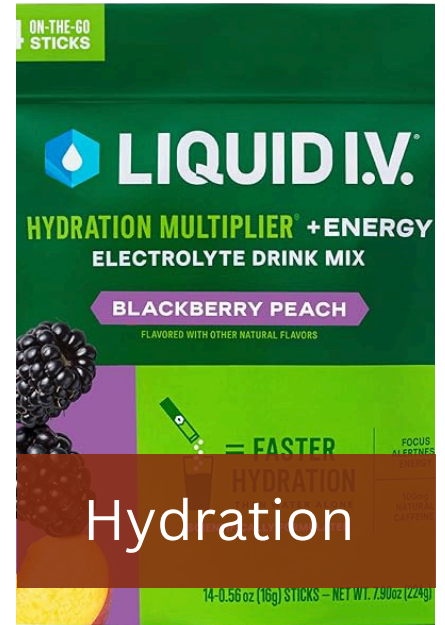
Silk Pillowcase



Face Cleaner



Wireless Car Charger



Hydration



e.l.f makeup



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Birth Worker Gift Guide

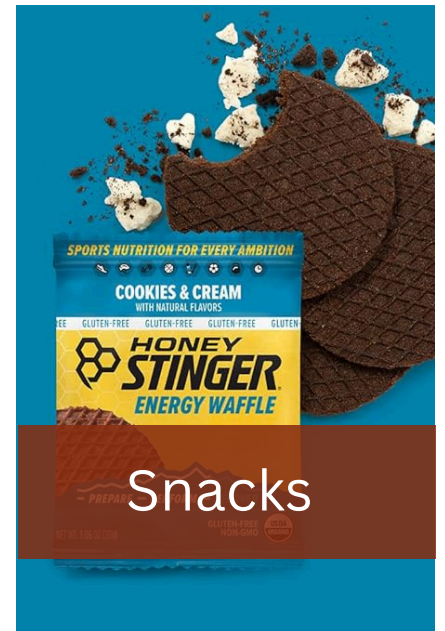
Always On-the-Go

There are seasons where birth workers feel as if they are living out of their vehicle. These are things that can help keep them feeling refreshed and revitalized on-the-go.

www.midwifery.edu



Dry Shampoo



Snacks



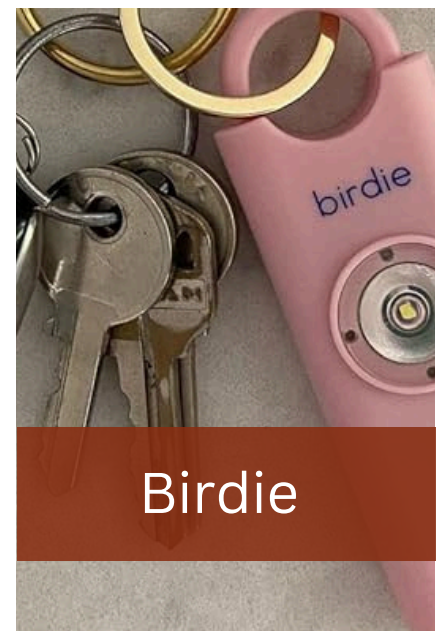
Travel Pillow



Sunscreen



Refillable Deodorant



Birdie

The background of the entire image is a collage of gift-related items. It includes several gift boxes wrapped in brown paper, some with white polka-dot ribbons. There are also pieces of white and brown paper that appear to be torn or crumpled, creating a textured, layered effect. The overall color palette is warm, with browns, tans, and whites.

Save Lives

Support Student Midwives

This guide contains affiliate links. 100% of the proceeds from these links goes towards the scholarship fund for student midwives attending Midwives College of Utah.

Looking for other ways to increase access to midwifery care?

www.midwifery.edu/donate