

## Top Birth Tools List



- Birth Ball 65 cm
- Tub soak feet; add Bath Salts
- 2 Stress Balls
- Soft Scarf
- Hair Brush
- Rice Sock
- Focal Points
- Lip Balm
- Breath Mints
- Music

- Battery-operated candles
- Massage Tools
- Lotion or Oil scented and unscented
- Hand Fan (manual & battery operated)

Learn more at <http://thechildbirthprofession.com/list-top-birth-tools-comfort/>