

PREPARING FOR BIRTH

The Family Birthing Centre provides excellent care to families with newborns and children. We work in partnership with families and care for them in a supportive manner. To help us serve you better, please see the lists below:

For Mom, please bring:

- Health card
- Feminine pads with maximum absorbency for heavy flow
- Underwear - three to six pairs
- Personal care products
 - Toothbrush and toothpaste
 - Soap
 - Brush and comb
 - Shampoo and conditioner
 - Body lotion
 - Moisturizer for lips
- Supportive or nursing bra
- Nursing pads
- Food for labour coach e.g. drinking boxes, chocolate bars, fruit etc.
- Money for vending machines and Tim Hortons
- Nightgown or alternate clothing suitable for nursing
- Lightweight housecoat and slippers
- Icepack, hot pack, or hot water bottle
- Cell phone and charger
- Paper, pen, address book, phone numbers

Optional:

- Pillow - Identified by a bright pillowcase
- Watch with a second hand
- Popsicles or Freezies
- Socks

For Partner/Support Person:

- Pajamas or comfortable clothes
- Toiletries
- Money
- Cellphone and charger
- Book and music

For Baby, please bring:

- Package of newborn diapers
- Baby wipes
- Barrier cream e.g. petroleum jelly
- Clothing
- Receiving blanket
- A car seat - Required when discharged from the hospital

