

PREPARING FOR BIRTH

The Family Birthing Centre provides excellent care to families with newborns and children. The following are a list of items that you will find helpful to bring to the hospital during your stay:

For Mom, please bring:

- Healthcard and insurance slip
- Pack of maximum absorbency pads or disposable briefs
- Cotton underwear; 3-6 pairs
- Essentials such as:
 - Toothbrush and toothpaste
 - Body wash
 - Brush and comb
 - Shampoo and conditioner
 - Body lotion
 - Moisturizer for lips
- Supportive or nursing bra with nursing pads
- Lightweight housecoat and slippers
- Nightgown or alternate clothing suitable for nursing
- Icepack, hot pack, or hot water bottle
- Clear fluids (ex. clear juice, popsicles, broth)
(refrigerator and microwave available on unit)
- Cell phone and charger
- Paper, pen, address book, phone numbers
- Peri bottle, ice pads
- Sitz bath

For Partner/Support Person:

- Pajamas or comfortable clothes
- Toiletries
- Snacks, drinks
- Books, movies, etc.

For Baby, please bring:

- Package of newborn diapers
- Baby wipes
- Barrier cream e.g. petroleum jelly
- Clothing
- Receiving blanket
- Breastfeeding pillow
- Soother
- Nipple shields
- Bottles, liquid formula
- Frozen colostrum
(safe freezer available)
- Car seat (required for discharge)*

