SUPPLIES FOR A HOSPITAL BIRTH & FOLLOWING AT HOME

LABOUR, BIRTH and EARLY POSTPARTUM

Comfortable Clothes:

- For labouring a large t-shirt, or nightgown (or use hospital gown)
- For after birth PJ's, nursing gown, comfy pants and t-shirt
- Robe (if you wish)
- Change of clothes for partner
- Footwear: Flip flops, slippers (something easy to put on and off)
- Toiletry items (for both partners)
- 2 extra pillows with bright or coloured pillowcases (1 for partner)
- Small bottle of massage oil

Juice and light snacks (include food for partner)

• Labour aide drink Labour Aid

1/3 cup lemon juice 1/3 cup honey 1/2 tsp liquid calcium 1/4 tsp salt Blend together with 7 cups of water

- Bathing/Swim clothes for partner (& flip flops)
- Sleeping bag for partner (in case of an overnight stay can leave in car)

GOING HOME

- Baby Clothes: hat, blanket, couple newborn diapers
- Car Seat: ensure it is safety approved and know how it works

OPTIONAL

- Music
- Camera (extra batteries or charger)

SUPPLIES TO HAVE AT HOME

- Large size pads (maxi-overnight or maternity): wet 6 and put in zip-loc bag in freezer
- Ibuprofen and Extra-Strength Tylenol
- Homeopathic Arnica 30C excellent for bruising and swelling
- Prune juice or stool softener
- Sitz bath herbs (from Semiahmoo Midwifery)
- Witch Hazel bottle and small round cosmetic pads: wet and put in plastic bag in fridge or TUCKS
- Heating pad, hot water bottle, microwave heating bag