

Briar Hill Midwives

SUPPLIES TO BRING TO HOSPITAL

Below is a list of items for mother, baby and father to have on hand for a hospital birth. It is recommended that even when you are planning for a home birth, you have some items put aside in a bag in case a need arises which requires that we transport you to the hospital.

MOTHER:

1. A change of clothes to wear home. Something soft and comfy.
2. An old t-shirt or short nightie (you'll likely prefer to labour in this rather than a hospital gown). Make sure it's not long-sleeved as likely you'll be warm.
3. Any toiletries you will want. Think about some chapstick too as lips may be dry in labour.
4. CD's and a small player if you wish to use music for relaxation.
5. Aromatherapy (if planning to use)
6. Small unopened bottle of olive or almond oil (for hot perineal compresses).
7. Snacks / drinks of your liking. The hospital has very limited food available on the unit – just toast and apple/orange/pink lemonade to drink.
8. Calendula tincture and homeopathic arnica (from your birth bag). The rest of your birth bag supplies can stay at home.

FATHER / PARTNER:

1. Swim suit. Even if not planning a water birth is a useful piece of clothing as you may be assisting mom in/out of tub or shower or be helping her inside of for relaxation.
2. Extra socks.
3. Extra pants (shorts or sweat pants work great).
4. Camera or camcorder or both. Make sure you have extra batteries and film. Also, make sure you or another support person knows how to work them. Mom will likely be too busy for a tutorial!
5. Food for yourself (energy drinks and protein bars are great). Something easy to pick up and put down as your partner needs you.
6. Money. For parking mainly but also for food. The hospital has a cafeteria open 24 hours.
7. Toiletries. The basics like a toothbrush are sometimes handy.

BABY:

1. Car seat. You cannot leave the hospital without one. Also, make sure you know how to work it. Practice putting it in and out of the car a few times and be sure to know how it adjusts to fit your baby. The midwives will help you with the actual fit for the baby but you should know how to adjust the straps.
2. Layette including:
 - Undershirt (even in the summer)
 - Socks (even with built in feet of the sleeper)
 - Sleeper or other clothing
 - Hat (even in the summer)
 - Sweater
3. Receiving blankets
4. Large warm blanket to cover the car seat (especially in the winter).

Please note that it is useful if dad also helps to pack this bag so he knows where things are kept. It will allow for more family time and less time finding certain items.