

What to Have for Labour and Pack for Hospital Birth

Woman:

- Food and drinks for labouring woman and her support people
- A couple of packages of Maxi pads-overnight size
- Portable music player (if desired)
- Clothes to labour in if you prefer not to wear a hospital gown
- 1 or 2 pillows from home (not in white cases)
- Hairbrush, toothbrush and paste, other personal care items as desired
- Bathrobe and slippers
- Change of clothes for going home (comfortable and loose)
- Camera / video camera
- Change for parking (currently \$8.00 in loonies or toonies at GGH, free at Groves)
- \$20.00 (refundable) for a pass for 24 hour access for your support person (GGH)
- Health card and additional health insurance information, if applicable
- Don't forget your binder**

Baby:

- At least two hats-one soft one that we can put it on the baby right after birth
- 2 diaper shirts
- 2 sleepers
- Socks
- Blankets
- Car Seat
- Diapers
- Extra warm clothing and blankets for winter births
- Vaseline or olive oil for baby's bottom

For Labouring at Home:

- Gravol and Tylenol – for rest in early labour
- Digital oral thermometer
- Covering to protect carpets/mattress-consider drop sheets or shower curtains from the Dollar Store
- Extra pillows
- Bendable drinking straws
- Massage lotion or oil
- Lip balm
- Hot water bottle or rice bag

Supplies – Home Births

Everything on the list for Labour and Hospital Births (see reverse) PLUS

- 1 roll of paper towels
- Disposable plastic container with lid (large ice cream container size) for placenta
- 2 large containers (laundry basket, box or pail) lined with garbage bags- one is for laundry and one is for garbage.
- Flashlight or movable lamp
- Portable space heater to ensure a warm birth place, if necessary
- Unopened bar of soap or soap dispenser for midwives to wash hands
- Large mirror to watch birth, if desired
- Electric kettle or slow cooker for preparing hot compresses
- 10 clean wash clothes for hot compresses
- 6 clean bath towels or 10 – 12 receiving blankets to dry baby right after birth (likely will get soiled)
- Receiving blankets for baby
- Package of “homebirth supplies” that your midwife gave you

Preparing the birthing room and bath room

- Make the bed with clean linen. Cover the clean sheets with a shower curtain or heavy plastic drop sheet (this is to protect your mattress during the birth). Cover the plastic layer with clean older linens – bottom and top sheet (these may get stained).
- The bath tub should be cleaned and well rinsed in early labour as you may want to use it.

Prepare a bag for baby and yourself with clothing, diapers, pads, etc., in case we need to go to the hospital.