



## *Packing your needs*

Be prepared – pack your belonging as early as the 28<sup>th</sup> week in case you give birth earlier than expected.

## For mum

- ✓ Blue Card, Any pregnancy test results e.g. ultrasound scan results
- ✓ Any medicines, vitamins being taken during pregnancy
- ✓ Water, camomile, isotonic drinks, juices (*peach, pear, apricot*)
- ✓ 2 Mugs, sugar for hot drinks & straws
- ✓ Sweets to avoid dryness
- ✓ Snacks
- ✓ 3 night dresses or pyjamas (*front opening*)
- ✓ Dressing gown or cardigan
- ✓ Face-cloth/Sponge
- ✓ Lipbalm
- ✓ Bedside slippers and socks
- ✓ Sandals or plastic flip flop
- ✓ Toiletries (you may bring make up)
- ✓ 2 nursing bras and breast pads
- ✓ panties (*cotton or net disposable panties*)
- ✓ Large packet maternity pads
- ✓ Nipple cream
- ✓ Bath towels
- ✓ Tissues
- ✓ Bag or basket for soiled linen

(Remember to remove any jewellery or rings and nail polish before entering hospital)

### ✓ **Tips for Maternity Bras**

- **Support:** look for wide straps, sides, under-bust band and a deep centre at the front. Firm elastic straps eliminate bounce and give you extra support.
- **Coverage:** you need as much fabric as possible over your breasts. This will be more comfortable for you as your breasts become more sensitive.
- **Adjustability:** a minimum of four rows of back eyes will allow your bra to grow with you.

## *Comfort measures for normal labour (optional)*

- ✓ Massage oil e.g. grapeseed oil (if you wish to try massage)
- ✓ Hairband/Clips - you will probably feel better with your hair tied back off your face in labour
- ✓ Your own choice of music on CD or mp3 player to help you relax
- ✓ Anything else you find reassuring (e.g. photographs, spiritual objects)

## For birth partner

- ✓ Snacks, drinks
- ✓ Comfortable clothing, warm sweater
- ✓ Open-front shirt if you wish to do skin-to-skin with baby
- ✓ Travel pillow or small pillow
- ✓ Camera (ask permission before taking photos)
- ✓ Tablet, ipod, ipad, chargers or other gadgets



## For the child

- ✓ One packet newborn nappies
- ✓ 3 Towels
- ✓ 3 Muslin cloths
- ✓ 4 Cotton mittens
- ✓ 2 Bonnets
- ✓ 4 Baby-grows
- ✓ 4 Vests
- ✓ 4 Pairs of socks
- ✓ 2 Shawl or light blanket
- ✓ 1 packet cotton wool and/or sponge
- ✓ Baby-changing mat
- ✓ Small basin
- ✓ Natural liquid soap & shampoo
- ✓ Brush & comb
- ✓ Baby wipes

### In a separate bag for birth

- 2 Nappies**
- 1 Vest**
- 1 Baby-grow**
- 1 Pair socks**
- 1 Pair mittens**
- 1 Shawl**

**Returning Home** - clothes for yourself & the baby, car seat