

HOME BIRTH SUPPLIES

For your baby :

- 6-8 receiving blankets
- One larger warmer blanket
- Two newborn hats
- A set of clothing
- Socks or booties (if the sleeper does not have feet)

Please gather these supplies in one box or laundry basket :

- Two large garbage bags
- 6-8 old facecloths and towels
- 6 large clean older towels
- One extra set of old bedsheets
- A container for the placenta (large yogurt or ice cream container)
- 1 bowl in case of nausea
- 1 roll of paper towels
- A directable light or flashlight (with new batteries)
- One metal cookie sheet
- Large maternity (overnight) pads
- A pot with a lid
- Energizing drinks and food
- Anything else you might want for the birth : candles, music, massage aids, hot water bottle, ice packs, camera etc.
- A loose gown or comfortable pyjamas to wear after the birth, preferably opening in the front for skin-to-skin contact and breastfeeding

To protect your mattress and pillows, you can also prepare the bed as follows when you are in early labour :

1. Make up your bed with a clean fitted and flat sheet.
2. Cover your bed with a plastic sheet (a shower curtain from the dollar store works well)
3. On top of the plastic sheet, put a clean older fitted sheet for the birth.
4. Next – a clean, older top sheet and any other blankets you wish to use.



5. Prepare 2-4 pillows in the same manner with a clean pillowcase, garbage bag to protect the pillow and a clean older pillowcase on top.

It is possible that you may need to transfer to the hospital. Please have a bag packed for the hospital with items listed on the next page.

OTTAWA BIRTH AND WELLNESS CENTRE BIRTH SUPPLIES

Pack a bag with the following :

- Your health card and photo ID
- An infant car seat
- Comfortable clothes to wear during labour
- Loose fitting clothes to wear home, including a pair (or two) of roomy underwear
- A receiving blanket and weather-appropriate clothes for baby

The Ottawa Birth and Wellness Centre provides a complete list of optional items to bring. See their website for more details. www.ottawabirthcentre.ca

HOSPITAL BIRTH SUPPLIES

- Reusable water bottle
- Support kit : massage oil, tennis balls, wood roller (massage techniques)
- Maxi pads (1 bag)
- Health card
- Entertainment : books, magazine, iPad, music
- Lip balm, hand cream, etc.
- Your favourite pillow – use coloured cases to distinguish from hospital pillows
- Nutritious snacks
- Birth plan, if you wish
- Pen, note pad or journal
- Pyjamas, slippers with non-slip soles
- Loose fitting, comfortable underwear (2 pairs), bra, nursing pads
- Personal care items (soap, shampoo, Kleenex, hair dryer etc.)
- Money to pay for television and telephone services



- Clothing to wear following your discharge from the hospital (approximate size : month 4 of pregnancy)

Avoid bringing : jewellery, large amounts of money or other valuables. The hospital does not accept responsibility for losses or thefts.

Since the Montfort Hospital has a policy enforcing a scent-free workplace, we advise you to bring scent-free personal toiletries and hygiene items.

For her partner :

- Sleeping bag and pillow
- Camera (and any chargers)
- Money for parking (\$13), food
- Phone and phone charger
- A change of clothes and personal care items
- List of telephone numbers for family and friends
- Food
- Reusable water bottle

For baby :

- Size 1 newborn diapers (one bag)
- Baby wipes (alcohol and fragrance free)
- Optional : olive or almond oil if you prefer not to use Vaseline
- Pyjamas and hat
- Blankets
- Clothing for hospital discharge (to suit the season/temperature)
- Regulatory car seat that meets CDN road safety standards. It is extremely important that you know how it operates before your child's birth. Bring it to the hospital on discharge day.