

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
- 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 chestfeeding

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
- Pyjamas, slippers with non-slip soles
- Loose fitting, comfortable underwear (2 pairs), bra, nursing pads
- Personal care items (soap, shampoo, Kleenex, hair dryer etc.)
- Clothing to wear following your discharge from the hospital (approximate size : month 4 of pregnancy)

Avoid bringing : jewelry, 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 your partner/support person :

- 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 :

- 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.