

## Packing for the Hospital

We know that for many moms, giving birth marks your first time staying in the hospital. And even if it's not, it's best to get some things ready before your due date so you're not overwhelmed should you go into labor a little early.

Below are some recommendations for things you may want to bring with you to make your time with us more comfortable.

For you	
<input type="checkbox"/>	Anything that will help you feel more relaxed and assist you during labor, including focal point aids, lip balm, hard candy to help with a dry mouth, exercise balls, and music players
<input type="checkbox"/>	Cards, games, books, music, DVDs of your favorite movies
<input type="checkbox"/>	Robe, nightgown
<input type="checkbox"/>	Slippers to use when you walk around during labor
<input type="checkbox"/>	Socks to keep your feet warm during delivery
<input type="checkbox"/>	Sports bra
<input type="checkbox"/>	Personal grooming items including toothbrush, toothpaste, deodorant, makeup, hairbrush, shampoo, lotion, hairdryer, and soap
<input type="checkbox"/>	Clothes to go home in that fit when you were about six months pregnant
<input type="checkbox"/>	Nursing bra and breast pads
<input type="checkbox"/>	Hair clip or band for long hair to keep it out of the way during delivery
<input type="checkbox"/>	Mints or breath strips to help alleviate nausea
<input type="checkbox"/>	Favorite brand of sanitary pads
<input type="checkbox"/>	Glasses or contact case, if you need them

For your partner or labor support	
<input type="checkbox"/>	Still camera, digital recorder, or video camera
<input type="checkbox"/>	List of phone numbers to call with the news!
<input type="checkbox"/>	Money for meals or snacks
<input type="checkbox"/>	Pajamas, robe, and toilet articles for staying overnight
<input type="checkbox"/>	Change of clothes
<input type="checkbox"/>	Your favorite pillow or something that gives you comfort
<input type="checkbox"/>	Baby book so the hospital can put your baby's footprints in it
<input type="checkbox"/>	Breastfeeding book or other reference books that you think will be helpful in those first few days
<input type="checkbox"/>	Birth preference checklist
<input type="checkbox"/>	Envelope or file folder for important hospital papers
<input type="checkbox"/>	Watch with a second hand to time contractions
<input type="checkbox"/>	Massage oil
<input type="checkbox"/>	Take out menus
<input type="checkbox"/>	Quarters for vending machines

For siblings	
<input type="checkbox"/>	Crayons, markers, paper
<input type="checkbox"/>	Books
<input type="checkbox"/>	Toys
<input type="checkbox"/>	Snacks
<input type="checkbox"/>	Special camera
<input type="checkbox"/>	Gift from big brother or sister to the baby

For your baby	
<input type="checkbox"/>	Outfit to go home in including a hat and booties
<input type="checkbox"/>	Wipes
<input type="checkbox"/>	Newborn diapers
<input type="checkbox"/>	Receiving blanket
<input type="checkbox"/>	Infant car seat

Remember, for your sake and for your baby's, we can't discharge your newborn without verifying that you have an infant car seat. Car seat purchases and installation appointments are available through the Women's Health Center at John Muir Health.

For details call (925) 941-7900, option 3.