



It is such a blessing for us to serve you at your delivery! Please gather the following supplies to bring to your delivery. You will feel better knowing you are ready with all you may need. **Also have you turned in your Birth Certificate Worksheet with all known info filled out?**

What To Bring To The Birth Center

- **We have Gatorade but if you want other drinks please bring them**
- **Easily digested foods for you in labor**
- **Foods for your partner in labor.**
- **We will make a light meal after delivery for you and your partner. If you would rather bring your own meal this is fine.**
- Clothes for you to wear home
- Clothes for baby to wear home (Including t-shirt, small hat, and socks)
- Receiving blankets and a larger warm blanket for baby
- Newborn or preemie diapers
- Wipes
- **Newborn Car Seat**
- Hair ties (If you have long hair)
- Gowns, dresses, skirts, or whatever you plan to labor in (Clothes are optional)
- Swim suit tops or sports bras if you plan to wear them in the tub (Optional)
- Warm socks or slippers
- Robe
- Any items you may want to comfort you (Lip balm, popsicles, ice-chips, scents, essential oils, rice sock)
- Toiletry Items you may want
- Camera (optional)
- Music (We have blue tooth speaker)

Also you will want to have at home

A thermometer for you and the baby to use the first week!

Also, nursing bras, nursing pads and plenty of overnight sized pads. You should also have a nipple cream like Lansinoh, Nipple Butter, or regular A&D Ointment. Most diaper rash ointments only make rashes worse unless they are a type to treat candida rashes if that type of rash develops. Regular A&D Ointment works well on other diaper rashes...**not** the one made specifically for diaper rashes. It is suggested that you run a bit of water down the middle of some sanitary pads (don't drench...they will be like hard rocks) put in Ziplocs and freeze. These will come in handy if your bottom is sore the first days after birth.

Have plenty of drinks at home to stay well hydrated. It is advised that you have ingredients for easy to make tasty meals or frozen meals ready at home.