

## **Suggested “Baby Starter Kit”**

- ☐ 2 Swaddle wraps: I really love the WOOMBIE or the SWADDLEME SWADDLEPOD.
- ☐ 2-4 Swaddle blankets: preferably muslin, cotton, or flannelette and large!
- ☐ 4+ Receiving blankets aka burp cloths
- ☐ 4+ diaper shirts (“onesies”)
- ☐ 4+ sleepers with feet
- ☐ Diaper ointment of your choice
- ☐ Nail file (the foamy ones are great)
- ☐ White Noise Machine. I love the YogaSleep Wish (\$45 on Amazon)
- ☐ Nursing pads. I loved the cloth ones but disposable are perfectly fine.
- ☐ Nipple cream: Lansinoh is the best. I haven’t had anyone pleased with the Earth Mama one interestingly enough. If you have it already you can use it as diaper ointment or hand cream for those dry cuticles ;)
- ☐ Nursing bra: soft cup (no wires!) and go for the clip style vs snaps. Be aware that you will increase a couple of cup sizes. Walmart sells the Playtex ones and they’re a great start.
- ☐ Nursing pillow

## **Nice to have:**

- ☐ Hakka or Medella breast pump
- ☐ Baby swing. Most babies love the swing, and cheap ones work just as well as the expensive ones. Some babies actually prefer the cheap ones!
- ☐ Baby sling: An unpadded open tail ring sling will last you right through toddlerhood and fussy babies soothe quickly in them.
- ☐ Ergo Baby or similar carrier. (Stay away from the Baby Bjorn and Snuggli ones). These are good for once baby is a little bit bigger, 4-6 weeks old. Look for one that has a newborn insert or specifies that it can be used from 8 pounds.
- ☐ Wrap carrier: This comes with a learning curve but can be quite comfortable and versatile if you’re wanting something that’s light and compact.

## **If you can:**

- ☐ Purchase 8 sterile syringes from the pharmacy (or ask your midwife) for antenatal colostrum collection. Try early in the morning for best results and be patient.  
<https://www.youtube.com/watch?v=q56QyDteGso>

**The Hospital Bag-** Please have this ready before active labour begins. If you are birthing in the hospital you will stay 1-2 nights. My suggested packing list:

- ☐ Bath robe, comfy pajamas, slippers, nursing bra, socks
- ☐ Flip flops, tank top or loose fitting T-shirt if you don't want to wear a hospital gown
- ☐ Clothes to go home in- aim for loose and comfy
- ☐ Toiletries- include soap and shampoo!
- ☐ Headband, hairbrush, elastics
- ☐ Sleeper and onsie for baby- bring a couple different sizes/shapes
- ☐ 4 swaddling blankets or receiving blankets. (Lightweight)
- ☐ Small warm blanket for car seat (seasonal)
- ☐ Car seat that meets current safety standards. Leave it in the car until discharge time.
- ☐ Partner's clothes and toiletries
- ☐ PILLOWS- hospital pillows suck. Bring a pillow each or more.
- ☐ Phone chargers, speaker (optional), camera,
- ☐ A roll of toilet paper can be a nice touch, pun intended.
- ☐ Water bottle, electrolyte tabs or labour aide, snacks.
- ☐ Heating pad and/or hot water bottle
- ☐ Aromatherapy oil in water in a small spritz bottle (optional)

**BCWH Info:** Be aware that food service at the hospital cafeteria runs 7-7 Mon-Fri, 8-6:30 on weekends. Starbucks is open 5:30-8:30 M-F and 6:30-7 on Weekends. Second cup is open 6:30-10 M-Th, 6:30-8 Fri-Sun. You will have access to a fridge and microwave during your stay.

**Homebirth-** planned or possible

It is wise to have all of your supplies handy at this point. Keep the birth pool at room temperature, the plastic becomes brittle in colder temps, so please don't keep it in the garage! Check now to be sure that the hose connects to the faucet easily, sometimes a trip to the hardware store is in order for an adapter. Your midwife will supply you with the medical supplies for your home birth and may have a shopping list for you to fill in the gaps. I suggest having some extra bath towels handy. Know that they may stain, so leave the white ones in the closet that day.

**Placenta-** If you are having your placenta encapsulated or printed please send me the name and number of the placenta person ahead of time and I will make arrangements with them for pick up or drop off of the placenta.