

Ooh Baby!

What to take to the birth center or hospital for child delivery

By week 32 your hospital bag should be ready to go

- Your personal identification card/drivers license, your insurance card, at least 3 copies of your birthplan
- A comfortable pair of house slippers, robe/gown, socks, , cotton nursing nighties and nursing bra/breast pads. Toiletries should also be on hand. Slippers for the shower too!
- Something to distract or relax you during labor. This could be some music, a book to read if you have to wait through an epidural, a family photo, a movie
- Your cellphone charger, camera with spare batteries, video camera if needed, Contact list of friends and family.
- FOR BABY: Brand new installed car-seat, several receiving blankets, an outfit to go home in
- Keep a few dollar notes handy to buy snacks and refreshments. Also remember that you need a going home outfit too!

Congratulations!