



Your Hospital Stay

The following list will help you prepare for the birth of your baby. Please read the information below to help make your hospital stay the best experience possible. We ask that you leave all valuables at home.

For Mom:

- Feminine pads, minimum of two packages (long with maximum absorbency for heavy flow)
- Personal wear items
 - nightgown (convenient for breastfeeding)
 - housecoat
 - socks and underwear
 - slippers
- Personal care products
 - toothbrush, toothpaste, mouthwash
 - soap
 - brush and comb
 - shampoo and conditioner
 - body lotion
- Supportive/nursing bra and nursing pads
- Moisturizer for your lips
- Chewing gum
- Change for pay phone and/or parking
- Debit/Credit card for vending machines
- Rice pack or hot pack
- Pillows
- Camera
- Breastfeeding pillow
- Water bottle
- Supplies for support person - sleeping bag/pillow/clothing, food (drinking boxes, chocolate bars, fruit) and cooler
- List of current medications, bring a printed list from your pharmacist, or bring all medications in their original containers (To include nonprescription medication, e.g. herbal medications)

For Baby:

- Newborn** diapers* - one package
- Sleepers, undershirts, socks
- Clothing/blanket for the trip home
- Car seat approved by Canadian Motor Vehicle Safety Standard (CMVSS). Must be familiar with use and installation.

Skin-To-Skin:

Research supports the benefits of putting the baby directly on the mother's chest (skin-to-skin) immediately after birth. (The partner or other support person may also do Skin-to-skin.)

Description:

Mom/support person hold baby (diaper only) in an upright position against the naked skin (chest).

Benefits:

- Improves infant comfort
- Increases parent-infant bonding and attachment
- Increases potential for a deep sleep
- Decreases crying
- Baby's heart rate, breathing and temperature will be more stable
- Baby draws heat from your body saving energy to be able to eat and gain weight
- Increase parents' confidence to handle and care for baby
- Helps to increase milk production
- Helps your baby learn to breastfeed sooner