



## Preparation for Labour, Birth & Postnatal

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Both planned hospital and home births require preparation. The following is a list of suggestions to help you prepare for your labour, birth and the immediate postnatal period.

- Hospital Tour - Women and their partners generally feel more prepared if they have had the opportunity to visit the maternity ward's labour and delivery unit. This allows women who are planning a hospital birth to visualize where they will be birthing and gives them an opportunity to ask questions. It also allows women who are planning a home birth the same preparation in the event that a home birth requires a hospital transfer.

***\*Hospital tours are held every Friday at 12:00 pm. Please call at 10:00 am to ensure that it has not been cancelled.***

### Preparing A Hospital Bag

***It is recommended that these items be prepared 3 weeks before your expected due date***

- 2 Extra pillows with coloured or patterned cases (to distinguish from hospital)
- Slippers and extra socks
- Favorite shirt for labour, or you can wear the hospital gown
- Music of choice (the hospital has a CD player in the labour and birth rooms)
- Personal articles such as massage oil, aromatherapy oils (can only be used in a spray bottle, candles are not allowed in the hospital), lip balm, shampoo, soap, tooth brush, tooth paste, menstrual pads (the hospital asks that you bring your own)
- Food for dad
- Support person for sibling/s if present
- Activity bag and snacks for sibling/s if present
- Nursing/support bra and loose fitting clothes to wear home
- Diapers (the hospital asks that you bring your own)
- Clothes for your baby to wear home, receiving blankets (2), heavier baby blanket (1)
- Vitamin D drops for your baby if you prefer the natural drops and in the event your hospital stay is longer than 24 hours
- Baby soap if you prefer to use natural soap for baby's first bath
- Car seat (it is a requirement that your baby be in an approved car seat when leaving the hospital)

***\* Even if you are planning a home delivery, preparing a packed suit case along with the suggested items listed above for the hospital is recommended.***

***\* For both planned hospital and home births:***

- Use of a well running car, with a full tank of gas
- Support person for any children present
- Arrange for help for 7-10 days during the immediate postnatal period
- Prepare frozen meals ahead of time for the postnatal period