

BROOKLYN BIRTHING CENTER

WHAT TO BRING TO THE BIRTH CENTER FOR LABOR AND AFTER

MOTHER

Light food (soups, bread, crackers etc) for labor and any foods for after birth - Juice, Gatorade, Popsicle's, Jell-0 or pudding, yogurt etc., for labor (enough for 12 -16 hours).

Lotion for body massage

Lip balm

Vitamin E oil (or wheat germ oil, almond oil etc) for perineal massage (optional)

Shampoo, soap, toiletries

Tooth brush, toothpaste

Slippers and socks

Robe

Loose fitting, comfortable nightgown, nightshirt or oversized tee shirt for labor

Nightgown (breastfeeding friendly) or oversized tee shirt for after birth

Depends

Nursing bra

Clean underpants (2-3)

Fresh clothes for going home (you will probably need maternity sizes).

Extra pillows (if you think you will need more than the 3 provided by the (BBC)

White athletic tube sock and a 2 lb. Bag of white rice (for moist heat pack)

BABY

Car seat (to be set up, adjusted and tried out ahead of time)

Newborn size diapers

Blanket/bunting (include several receiving blankets)

Newborn shirt, gown, socks and hat

Outfit for baby to go home in

FAMILY

Extra food and liquids (enough for 24 hours)-easily reheatable (soups, casseroles)

Supplies i.e. toys, books, sleep clothes for siblings (if coming to birth center.

Remember that each child under 12 requires an adult to attend them).

Bedding (pillow, sleeping bag, blankets etc). We only have these for the Mom and her partner.

Change of clothes & toiletries

Money for incidentals, i.e. car service, take-out food, etc.

Note: Please inform family members not to sleep in bed of unused birthing room. We need to keep it clean and available in case another woman comes to the BBC in labor.