

To Bring to BBC on the big day!

Things for mom:

- **Fluids with electrolytes ie, Gatorade, Powerade, Vitamin Water, etc.**
- Other fluids, water, juice, etc.
- Food – Anything for the family. For woman after birth: **foods high in protein** that you can eat lying down i.e., yogurt, cheese and crackers, peanut butter and jelly, nuts and dried fruit, rice pudding or other pudding, etc.
- Lip balm
- Vitamin E oil (or wheat germ oil, almond oil etc) for perineal massage (if desired)
- Shampoo, soap, cosmetic supplies
- Shower Cap, hair tie or scrunchie (for moms with long hair)
- Tooth brush, toothpaste, mouthwash
- Slippers and socks
- Robe
- **Loose fitting, comfortable nightgown, nightshirt or oversized tee to wear during labor** (something you won't mind getting soiled)
- Nightgown or oversized tee shirt for after birth
- **Adult pull up diapers; aka Depends (generic name is fine) 1 pack**
- Sanitary pads- long, super-maxi/overnight 1 pack
- **Fresh clothes for going home;** nursing bra, underpants, shirt and pants or dress (you will probably need maternity sizes— choose something loose and comfortable).
- Extra pillows (if you think you will need more than the 2 provided by the (BBC)
- White athletic tube sock filled with rice (to make moist heat packs)
- Flameless candles, scented oils, music, pictures, anything to make you more comfortable

Things for baby:

- **Car seat** (to be set up, adjusted and tried out ahead of time, local fire department can assist you with fitting it to the car properly)
- 3 receiving blankets
- Newborn outfit, socks, hat to wear home
- Diapers

Note: We do NOT recommend bringing pacifiers or artificial nipples (such as bottle tops). Newborns who use pacifiers or other artificial nipples may develop “nipple confusion” and have trouble latching onto the breast. Newborns who drink breastmilk or formula from a bottle may develop a preference for bottle feeding (“flow preference”). If you plan to breastfeed (even if you think you may offer formula as well), we suggest **avoiding pacifiers and other artificial nipples** (such as bottle tops) until breastfeeding is well-established (typically when your baby is about one month old). Talk to your midwife or lactation consultant about feeding methods if needed.

Things for family:

- Food and extra liquid refreshment, i.e. juice, soda, etc. (enough for 24 hours) for family members and mother after the birth- easily reheated (microwaveable casseroles, lasagna, bread for toasting, etc.)
- Supplies i.e. toys, books, sleep clothes for siblings (if coming to birth center.)
- **Adult care provider for EACH child present**
- Bedding / extra blanket, towel, pillow, sleeping bag, etc., for family member / support person who may be staying the night.
- Change of clothes & toiletries for support people.
- 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 patient comes to the BBC in labor.