

WHAT TO BRING TO THE HOSPITAL

- **CAR SEAT (IN CAR):** Make sure your car seat is IN THE CAR and ready for your baby BEFORE you go to the hospital. PRACTICE!!!!.
- **CLOTHES:** Mom – clothes from her 6th month of pregnancy
Baby – Coming home outfit / clothes
You – When warm, cold, at night, in the shower
- **CAMERA (Video / Pictures):** Bring extra film.
- **FOCAL POINT:** Pictures, objects, etc.. To help mom take focus away from pain and anxiety.
- **MASSAGE AIDS:** Tennis balls, rolls of quarters, rolling pin. Helps decrease pressure along the spine.
- **BARRETTE, HAIR TIES:** To keep mom's hair out of her face.
- **GLASSES:** To replace contacts. Some hospitals don't allow moms to wear contacts.
- **NURSING BRA:** So mom is more comfortable.
- **HAND HELP FAN:** To keep mom cool.
- **SOCKS:** Several pairs of thick, warm socks (for mom).
- **TREATS FOR NURSES:** Candy, donuts, etc. early in your arrival to the hospital as an advanced "thank you."
- **LIP BALM / CHAPSTICK:** To soothe dry lips.
- **MOUThWASH / MINTS:** In case mom is distressed by dad's breath.
- **SNACKS:** So you can stay close to mom. Make sure your wife won't mind smelling certain foods on your breath.
- **GAMES, MAGAZINES, ETC.:** Things to distract or relax mom and help pass the time between contractions (crosswords, etc.).