

LABOR & DELIVERY PREPARATION

Questions to Ask:

- Best place to park?
- Where and when to pre-register?
 - Need ID's
 - Physician and Pediatrician Name and Contact Info
 - Completed Admission Form
- Where to check in upon arrival – Entrance C
- Will my room be private? Will I stay in the room following delivery to recover?
- Is there free WIFI?
- When in labor should I go to the hospital? Do I need to call the hospital or my OB? How do I know when to go in?
- Can I have water and crushed ice during labor?
- Can procedures, exams and screenings be delayed to allow time for skin-to-skin time and breastfeeding?
- What kind of breast-feeding support is available? Do you provide a breast pump for use in hospital?
- What is security like for baby?
- How long is the hospital stay after birth?

PACKING FOR HOSPITAL

- Birth Plan
 - Your Name
 - Due Date
 - Emergency Contact Information (For Spouse)
 - Baby's Full Name
 - Your OB Provider's Contact Information
 - Your Chosen Pediatrician's Contact Information
 - Personal Preferences
- Nurse Baskets (2 – one for day shift and one for night shift)
 - Write our name and room number with note
 - Verb Bars
 - Chocolate and Candy (Reese's, M&Ms, Dove Chocolates)
 - K Cups
 - Pens
 - Starbucks Double Shots
 - Protein Bars
 - Mixed Nut Packs
 - Popcorn
 - Hair Ties
 - Gum
 - Crystal Lite
 - Coke mini cans
- Baby Stuff
 - Soft Blanket
 - Zip Swaddle
 - Copper Pearl Swaddle
 - 1-NB long sleeve onesie, 1-0-3 onesie
 - Going home outfit
 - Hat with Bow
 - Socks/Mits
- For Sydney
 - Slippers
 - Button Top PJs
 - Joggers and Shirt
 - Nursing Tank
 - Nursing Bra
 - Fuzzy Socks
 - Robe
 - Blanket
 - Towel/Washcloth for Shower
 - Pillow
 - Toothbrush/Toothpaste
 - Small Makeup Bag/Travel Toiletries/Deodorant
 - Massage Ball
 - Lavender Oil

- Medela Tender Care Lanolin
- Chapstick
- Hair ties
- Yeti with Ice
- Nursing Pillow
- Belly Bandit Wrap
- Frida Instant Ice Maxi Pad
- Frida Delivery Gown
- For Kirby
 - Extra Outfit, Toothbrush, Razor, Deodorant, Sweatshirt
 - AirPods
 - Yeti
- Electronics
 - Nightlight
 - Portable Sound Machine
 - Chargers
 - Long Multiple Output Extension Cord
 - Tripod with iPhone Attachment
 - Camera – charged battery
 - Bluetooth Speaker and Charger
 - Hospital Playlist
- Other
 - Bag of Snacks for us
 - Miracle Milk Cookies – Lactation Cookies
- Don't forget List
 - Leaving for Hospital Outfits Prepped
 - Carseat – preinstalled
 - Phone Chargers
 - Wallets/ID
 - Hand Sanitizer
 - Masks

PREPARED FOR HOME - Postpartum Supplies (Hospital will provide so you don't need to pack – they should also send you home with a few extras)

- Postpartum Basket
 - Frida Boxer Brief Disposable Underwear
 - Always Discreet Diapers
 - Dermoplast
 - Maternity Pads
 - Sitz Spray
 - Tucks
 - Nursing Pads
 - Sitz Bath Soak
 - Lansinoh Therapearl 3-in-1 Breast Therapy
 - FridaMom Perineal Comfort Donut Cushion

- Sunflower Lecithin
- Ordered Meals – Home Chef OR Frozen Prepped Meals
- Plan for Maverick, Toy for Introduction
- Baby Stuff Set up: diapers ready, diaper cream, lotion, wipes, bassinet