



EARTHSIDE BIRTH

MIDWIFERY AND INFANT FEEDING CARE

Congratulations on your upcoming birth! We look forward to supporting you in welcoming your baby. We have compiled a list of items that would be helpful for you to have packed for your hospital birth. You may feel inspired to substitute certain items, and that's totally up to you! The hospital will supply the first day of diapers / wipes and menstrual pads.

What to have for the birth:

- Toiletries - don't forget your toothbrush!
- Flip flops / slippers or something else easy to slip on and off your feet
- A change of clothes for birther and partner
- Nursing bra
- An outfit for baby to wear home from the hospital (while in hospital they are typically skin to skin or in blankets)
- Electrolytes (you can buy ready made or find a "labour aid" recipe online)
- Snacks - easy things like fruits / smoothies / soups for the birther and easy ready made larger meals for the support person / people
- Battery operated candles / dimming lamp / string lights - anything to support a calm, low lit environment
- A playlist if music supports you staying calm / feeling inspired

Have at home:

- Frozen pads (we recommend using lighter flow pads and putting them in the freezer, the ready to go crack and freeze pads tend not to be very absorbent)
- Heavy flow menstrual pads for at least 2 weeks
- Newborn diapers and wipes
- Vitamin D drops for baby
- Tylenol and ibuprofen

If you have any questions about any of these items, please feel free to ask us at your next in-clinic appointment!

The Earthside Birth Midwives