

## Checklist for Your Birth Centre Stay

Your birth centre stay may only be for 1 or 2 days. Bring your own comfortable clothes and supplies. Even your baby can start life in his or her own clothes!

For Mom	For Baby
<ul style="list-style-type: none"> <li>○ Alberta Personal Health Care card and other insurance cards (for example, Blue Cross)</li> <li>○ Hospital admission card, if available</li> <li>○ Housecoat, slippers, 2 nightgowns, pajamas, or sweatsuit</li> <li>○ 5 to 6 panties and 2 bras (nursing bras if breastfeeding)</li> <li>○ Toiletries including toothpaste, toothbrush, floss, tissue, shampoo, 1 package of long maxi sanitary pads</li> <li>○ Coins for the telephone, phone numbers</li> <li>○ Loose-fitting clothing to wear home (for example, maternity clothing)</li> <li>○ Camera and film</li> <li>○ Black pen</li> <li>○ Your copy of <i>From Here Through Maternity</i></li> </ul>	<ul style="list-style-type: none"> <li>○ 3 to 4 receiving blankets</li> <li>○ 3 to 4 undershirts</li> <li>○ 4 sleepers or nighties</li> <li>○ 1 package of infant diapers</li> <li>○ Hat or toque</li> <li>○ 1 warm blanket</li> <li>○ Laundry bag, or plastic bag for dirty clothing</li> <li>○ Baby clothes for going home: T-shirt, outfit, hat, receiving blanket, outer blanket</li> <li>○ Approved car seat</li> </ul>

**You may want to bring items to help you during labour and birth.  
Here are some suggestions:**

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|---|---|--|
| ○ Drinks, juice, popsicles for mom and partner            | ○ Massage tools, like tennis balls or frozen rolling pins | ○ Warm socks for mom   |
| ○ Lip balm, mouth spray, mints or hard candies to suck on | ○ Extra pillows   | ○ Camera and film (please ask permission from caregivers before taking their picture)  |
| ○ Focal point, like a picture                             | ○ Massage oil or lotion                                   | ○ List of comfort techniques from prenatal class or <i>From Here Through Maternity</i> |
| ○ Music, iPod™  | ○ Snacks for mom and partner(s)                           |  |

Other items you may want to bring

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