



## Items to bring to the Birthing House

### For you

- 2-3 loose, comfortable garments for labour
- A bathrobe, warm socks and slippers
- Several pairs of full-size underpants
- Maxi or overnight size sanitary pads
- A small bottle of grape seed or sweet almond oil for perineal care
- A nursing bra or a comfortable bra
- Personal toiletries (toothbrush, deodorant, shampoo, lip balm, etc)
- Change of clothes and personal toiletry articles for your partner
- CD's or an I-pad station
- Camera, video camera (verify that the batteries are adequately charged)
- A long-distance calling card and personal list of phone numbers
- Comfortable clothes to go home in

### Do not forget

- Your Medicare card
- Private insurance papers if you have them
- Your Jewish General Hospital card if you have one
- cash to pay the meals for your labor companion

### For your baby

- 2 to 4 disposable newborn size diapers
- 2-3 pairs of newborn pyjamas
- 2-3 newborn undershirts and a few pairs of socks
- 1 cotton baby hat
- 2 to 3 baby blankets
- Warm clothing appropriate for the season, for your baby to go home in
- 1 newborn car seat. It can be useful to install the newborn car seat in your vehicle, in advance, to make sure everything is functioning correctly.
- Note

The Birthing House provides all meals for the mother during her stay, free of charge. For her labor companion, breakfast is free of charge and any additional meals ordered by her labour companion will be charged a fee of \$10.00 per meal. You may bring your own food as well, identified with your name, to put into our client fridge. You are also most welcome to use our oven, toaster-oven and microwave ovens.