



## What's In Mom's Suitcase?

(packing list for when you have a baby at the IWK Health Centre)

### Your Labour Kit:

- ✓ The IWK Family Information booklet
- ✓ Your provincial health card (e.g. NS Health Card)
- ✓ Shampoo, soap, toothbrush, toothpaste, deodorant, brush, comb, Kleenex®
- ✓ Slippers, housecoat, lip balm for Mom, warm socks
- ✓ Extra pillows for the bed (optional)
- ✓ Music CDs if desired (optional)

### Dad's Supply Kit (or kit for support person / labour coach)

- ✓ Snacks, food, water or juice (you could bring a cooler)
- ✓ Personal hygiene items and some changes of clothing
- ✓ **Pyjama bottoms - please bring some if you are staying with Mom!**

### For Mom (after delivery)

- ✓ Two nursing bras or good support bras (such as a sports bra)
- ✓ 12 breast pads
- ✓ 24 sanitary napkins (super absorbent are best)
- ✓ Lots of underwear (**good time to use your old ones**)
- ✓ Nightgown / pyjamas, nursing gown, comfortable casual loose clothes
- ✓ Books, magazines (optional)
- ✓ Special diet instructions or any food restrictions
- ✓ Snacks for mom (optional)
- ✓ Any medications you are taking (**please give medications to your Family Newborn Nurse**)
- ✓ A watch or travel clock (**none of the Family Newborn rooms have clocks**)
- ✓ **Pens** (for completing forms about the baby) and paper

### For your Baby:

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| Two dozen or three dozen diapers (approximately 12-14 used per day)  | Diaper cream (i.e. Vaseline®, Zincofax®, Penaten®) - optional  |
| Two (or more) undershirts<br>Two take-home outfits (you may also wish to bring an outfit for photos)   | One receiving blanket<br>One heavy blanket (consider outside weather)  |
| One infant car seat-appropriate size for a newborn. The <b>IWK does not rent or loan car seats</b> . You must have one for discharge. Please make sure it meets Canadian safety standards. | <b>The IWK is a Breast-feeding friendly hospital.</b> However, if you are not planning to breast feed, please bring ready-to-feed formula. |
| <b>Soothers are not provided. Emery boards are not provided.</b>   | <b>Nail clippers are not provided nor recommended.</b>   |

\* Pre-natal & Post-natal resource lists: <http://www.nshealth.ca/pregnancy-parenting>