

Hospital Checklist by Lily & Bliss

For Comfort (cont.)

*Avian spray (Most women sweat during labor! Mike or my mom would spray my face with Avian and then I would use a towel to wipe, it helped me feel refreshed and clean.

Plus I would use that spray to clean my nipples after I breastfeed. You don't want to leave milk on your nipple because when it dries it can cause your nipples to crack and bleed.)

*Hard candy like Jolly Ranchers (You can't eat during birth and you can become dry mouthed, so ask your hospital if it is okay to have some hard candy to suck on other than ice cubes they provide.)

For The Baby

Going home outfit

Outfits for hospital stay (kimono style onesies are best. Babies don't like to have clothes pulled over their heads!)

Beanies & socks

Swaddle blankets (hospitals provide free ones)

Burp cloths

Diapers & wipes (my hospital provided dry wipes, so bring your own wet ones)

Diaper bag for car ride home

Installed car seat

Car seat head support (keep that newborn head from flopping around)

Miscellaneous

*Completed hospital registration forms (some offer online registration. Bring copies just in case)

*Photo ID for you and your partner (make sure anyone who visits brings theirs)

*Birth plan if you have one

*Insurance card

*Wallet (having a baby is not free!)

*Cash \$ (have a bunch of singles for snack and drink machines)

*Pediatrician contact info (hospitals have most on file, but bring just in case)

After delivery snacks (you WILL be hungry and hospital food isn't that great!)

Bag for any gifts to take home and for all the freebies you get from the hospital

(bring a box or empty plastic bin for any large gifts and/or flowers)

*Your baby book (Most books have a page where you can record your baby's footprints.

Bring yours and tell the nurses prior to birth that you would like to have that done. Some hospitals take them right after birth, some wait a few hours later. You can also bring some extra plain white paper to get more footprints taken in case you want to frame them!)

*Small gifts for your doctor(s) and nurses (Show the them your appreciation for helping you bring the most special gift into this world. The nurses will love the sweet gesture and might be more 'on call' when you hit your button for meds or requests. My mom brought a boat load of Starbuck's cake pops and every time a nurse came in to help or when new one came on shift they had a little sweet treat when they left the room)

Notes: