



# PREPARING FOR CHILDBIRTH

## Goody Bag

### Goody Bag for Labor

The following is a list expectant parents have found helpful to have present for the birth experience:

- Music (cassette/CD) player with relaxation music/blank tape for recording birth
- Pillows (4-5 with bright pillow cases & your name on them)
- Hand-held fan
- Socks/slippers
- Sour suckers/candy/sports drink
- Cornstarch/oil for massage
- Lip balm/Vaseline/chapstick
- Camera, flash, film (high ASA), extra batteries
- Back roller (wooden, tennis ball, small paint roller, tennis balls in sock, rolling pin)
- Focal point (picture, flowers, music)
- Phone #s of people to call, paper and pen/journal/notebook
- Food for support person (picnic basket w/goodies for birth party)
- Hair clip/rubber bands, glasses
- Clothes for labor if you prefer to wear your own (ex. Gown/long t-shirt)
- Bathing suit for support person
- Childbirth book, handouts from class, notes
- Change for vending machine & gift cart
- Insurance information
- Hot water bottle/"hot sock" (flax seed or rice)
- Birth ball

### Mom's Suitcase (for mom & partner):

- Personal toiletry items (make-up, comb, brush, toothbrush & toothpaste, deodorant, shampoo)
- Nightgown or pajamas, 2-3 (cotton is cooler), if breastfeeding —nursing bra (2), nursing pads (should have no plastic liner), lanolin (no perfumed cream), —breastfeeding or childcare book/magazines
- Birth announcements/address book (optional)
- Bathrobe/slippers, going home clothes—loose fitting at waist
- Several pairs of comfortable underpants
- Small amount of cash & checkbook
- Leave valuables (expensive jewelry, credit cards, cash) at home

### Baby's Suitcase

- T-shirts/"onesie" (2), sweater, receiving blanket, heavy blanket (for rainy cold day), stretchsuit/nightgown, warm cap, booties, diaper & nylon pants for diaper cover, (disposable provided by hospital)
- Baby book, if footprints wanted
- Car seat (properly installed & checked)