

## Things you will need for the Hospital:



### **For Mom:**

- Night gown with front opening and slippers
- Underwear, nursing bra and bra pads
- Socks
- Toiletries
- Water Spray bottle to help with cool downs
- Camera or Video camera
- Paper and Pen
- Tracking sheets in binder
- Your telephone book
- Snacks
- Breast Feeding Pillow
- Sanitary napkins

### **For Baby:**

- Pj's or nighties
- Diapers
- Wipes
- Diaper Crème
- Blankets & Swaddler
- Car Seat with head support
- Bottle (if needed and bring to hospital)
- Formula (if needed and bring to hospital)
- Pacifier (if needed and bring to hospital)
- Socks (for hands and feet)
- White noise machine

## Things you will need from 0-3 Months

### **Clothes: (per baby)**

- Pj's x4
- Onsie x4
- Socks x 5
- Outfits x 3
- Laundry Soap for baby

### **Sleeping: (per baby)**

- Blankets (minimum 42x42 inch swaddling) x 3
- Water Proof Pads x 2
- Linens for Crib/playpen x2
- Pacifier x 2 (If BF not until latch is established and ONLY if necessary)
- Swaddler (Halo, Ergo Cocoon or Woombie)
- Gro Blinds or Black Out Curtains

### **Changing:**

- Wipes
- Diapers
- Diaper Cream
- Contoured Change Pad w cover

### **Bathing:**

- Bathtub and Shampoo/Body wash
- Body Cream for dry skin or Olive Oil
- Face Cloths and Towels
- Grooming Kit

### **Feeding:**

- Bottles (Dr. Brown wide neck or Tommy Tippy Colic for bottle fed babies)
- Breast pump (Mabela or Almeda double breast electric)
- Bottle brush
- Bottle Tray
- Breast Feeding Pillow (My Breast Friend)
- Bibs
- Burp Pads

### **Equipment:**

- Vibrating Bouncy Seat (Fisher Price Infant to Toddler Rocker)
- Swing (1)
- Car Seat
- Snap and Go stroller
- Playpen with upper bassinet with Linens
- Night lights (4 watt soft coated bulb)
- Video Baby Monitor (with direction control)
- Infant pouch/Carrier (Hip Dysplasia friendly)
- Change Table
- Plastic drawers for Main floor
- Clothes Hamper
- Ear Thermometer
- Play Mat
- White noise machine (1 per baby-Homedics Sound Spa)

### **Other:**

- Diaper Bag with Change Pad (Backpack style best)
- Saline Drops + nose suction
- Car seat Bag
- Carbon Monoxide Detector
- Boiron – Cocyntal (Gas), Camilla (teething), Cold
- Humidifer (Hot & Cold)
- Room Thermometer (Gro Egg)