

## What to bring to the hospital: Ideas for the whole family!

A common question, especially for first time parents, is “What do I need to pack for the hospital?”

Here are some suggestions, though this is not an exhaustive list:

### For Mom:

- Hairbrush/comb, Toothbrush and toothpaste soap and shampoo Any other toiletries you might like, e.g. make-up, face and body creams, hair elastics, etc.
- Two to three loose fitting nighties: preferably the breastfeeding kind. You will probably be wearing a hospital gown during for your delivery. Nursing bras may be helpful too.
- Slippers: it may be good to bring a cheap new pair (or really old pair) that you can discard when you leave the hospital.
- Robe
- Pillows: You may sleep more comfortably with your own pillow(s), and they will support you during your delivery. Do not use white pillow cases, or you risk them being mixed up with hospital pillows.
- Glasses and/or contact lenses and storage case.
- Lots of extra underwear: This is one piece of clean clothing you don't want to run out of! If you are having trouble finding underwear that fits, try men's boxers - they are amazingly comfortable, come in very large sizes and will go above your large belly before birth and above the incision in the event you have a c-section. Also you may wish to bring you own feminine paper products, extra long with side coverage.
- Warm socks. Your feet may get cold while in bed.
- Music: Some people like to bring their own music but make sure you also bring earphones so as not to disturb anyone else.
- Journal: to document your own incredible birth story!
- A distraction: You might bring reading material, knitting or crocheting. These can help pass the time for someone on bedrest, or if you are scheduled (and waiting!) for induction.
- Mints: these can be useful during labour. You aren't allowed to eat or drink (other than some ice chips) and your mouth gets so dry from all of the mouth breathing during labour. Tic Tacs are perfect for this!
- Change of comfortable clothing for going home! Including big comfortable shoes in case of swelling.
- Perhaps a gift from babies to older sibling(s). This can ease the welcome.

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# What to Bring to the Hospital

## For Dad/Partner:

- Reading material
- Toiletries
- Drinks and snacks: While some hospitals provide snacks and food for Mom, you may want to bring some snacks from home for yourself. Be mindful of strong smells.
- Change of clothing and pyjamas: in case you stay overnight.
- Phone list: Make sure you contacts include doctors' offices, family members and close friends.

## For the Babies:

- Initially they will probably only need diapers and gowns, which the hospital provides.
- For low birth weight or premature babies, you may wish to bring little nightshirts that are monitor friendly (the hospital staff will guide you as to when the babies can wear them).
- When the babies leave the hospital, you will need a weather-appropriate 'going home' outfit for each child, including some blankets for warmth or for blocking the sun.
- A rear-facing car seat for each child, that is appropriate for their weight upon discharge.
- 4-6 receiving blankets per baby for use in the car seat.

## Documents and Articles

**Multiple Births Canada Fact Sheets on various topics related to multiple pregnancy, births and parenting, as well as feeding multiples**

## Multiple Births Canada

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