

# SOCIAL MAMA'S LIST

1. A printed copy of your birth plan and printed note of your preferences. Anything can happen during labour so if you want a natural birth and the midwife or doctors are recommending a c-section, be prepared to be flexible. They are only doing what's in your best interest.
2. Pen and notebook - this is not to pen your last will and testament, but to jot down feedings, wet nappies and track important information
3. Medicare card/private health insurance card
4. Something comfortable to wear during labour.
5. Your favourite PJs or nightie in case you have to stay overnight. All going well, the birthing program I have elected to take sees you back at home 4-6 hours within giving birth.
6. Socks and slippers
7. Plenty of comfy undies
8. A couple of changes of clothes in case of any complications and you need to stay in.
9. Maternity or breast feeding bras
10. Clothes for the trip home so you can look a little more glam than wearing a grubby pair of trackie-dacks
11. Toiletries including a hairbrush, body wash, shampoo, conditioner, deodorant, toothbrush, toothpaste, lip balm, face washer, hair ties (or scrunchies) breast pads and maternity pads
12. Phone chargers, smartphone, kindle or a good book to read, or anything that you find relaxing - ipod with your special birthing soundtrack on Spotify, earphones
13. A list of important phone numbers of who will need to be contacted when the baby arrives (Good luck Mr F, the list is long!). It might just be easier to give him the password to my phone and let him loose.
14. Extra bag for dirty clothes
15. Nappy bag (See my nappy bag blog on what to pack in that!)
16. Snacks



# ITEMS FOR DAD TO BE

1. Toiletries
2. Phone and chargers, earphones if he wants to watch youtube videos or Netflix on his phone
3. Comfortable shoes
4. Change of clothes
5. Watch with a second hand for timing contractions
6. Swimwear if he wants to join Mum in the birthing pool

# ITEMS FOR BABY

1. Full sleepsuit/ onesies (min 2 per day, plus some extras in case accidents) am looking at only staying 4 hours after birth, but packing some for case of emergency. Sizes 00000 and 0000
2. Singlets
3. Beanies
4. Mittens
5. Socks and booties
6. Blankets / wraps – minimum of 2 plus a bigger one as it will be winter
7. Muslin wraps x 2
8. Going home outfit. Make sure you have a couple just in case there is a spill up before leaving. It's a special moment and proud grandparents will no doubt want to capture the memories on camera
9. Baby towel – for first bath
10. Nappies – up to 10 per day
11. Wipes
12. Face washers

