

For Mom

Health Record:

- ☐ Nova Scotia Health Card
- ☐ Your Pre-natal Record

Clothing:

Remember after you have your baby, you will be about the same size you were when you were 5 months pregnant. Some suggestions to bring include:

- ☐ Comfortable casual loose clothes
- ☐ Several pairs of comfortable underwear (no thongs as it's difficult to wear a peri-pad with a thong)
- ☐ Nursing bra or good support bra (i.e. sports bra)
- ☐ Nightgown/pajamas
- ☐ Housecoat, slippers/flip flops
- ☐ Warm socks

Personal Hygiene Items:

- ☐ Shampoo, soap, toothbrush, toothpaste, deodorant, brush, hair dryer, tissue, lip balm
- ☐ 24 sanitary napkins (super absorbent are preferable)

Reference Material:

- ☐ Provincially endorsed educational material: [Loving Care](#), [Breastfeeding Basics](#), [How To Feed Your Baby With Infant Formula](#)

Comfort Items:

- ☐ Pillows from home
- ☐ Music

Food:

- ☐ Snacks

Meals for moms will be provided in hospital.

Miscellaneous Items:

- ☐ Any medications you are currently taking. Please give these to your Nurse upon admission.
- ☐ Small amount of money for parking. Please check with your delivering hospital on parking costs and methods of payment.
- ☐ You will need to know your Social Insurance Number when completing birth registration and

related paperwork.

Other suggestions include:

- ☐ Camera, phone, watch (for pictures, communication, and timing contractions)
- ☐ Credit card, debit card (For payment of Birth Certificate and for telephone/TV hook-up, if wanted)
- ☐ Pen and paper

For Baby

Clothing:

- ☐ 2 or more onesies
- ☐ 2 or more sleepers
- ☐ 1 take home outfit
- ☐ 1 hat

Personal Hygiene Items:

- ☐ 2–3 dozen diapers (approx. 12–14 used per day)
- ☐ Diaper cream of choice for bum
- ☐ Baby soap, baby shampoo (tearless), baby lotion

Food:

- ☐ The NSHA protects, promotes and supports breastfeeding. If you have made an informed decision not to breastfeed your baby, please bring a supply of the formula that you plan on feeding your baby. Please note that it is not recommended to feed powdered formula to any infant that is less than 2 months of age. It is even more important for babies who were born premature (earlier than 37 weeks gestation), small (less than 2500g), or are immunocompromised in any way to avoid powdered formula in the first 2 months of life. It is encouraged that you bring “ready to feed” formula in single sized bottles which can be purchased at most grocery or drug stores. If this is not an affordable option for you, please discuss this with a healthcare provider before you have your baby.

Miscellaneous Items:

- ☐ 2 or more receiving blankets
- ☐ 1 heavy blanket (consider outside weather)
- ☐ 1 infant car seat. This car seat must that meet Canadian Motor Vehicle Safety Standards, indicated by e sticker with a maple leaf. The car seat should be removed from the box and assembled. Please bring the car seat manual as it may be needed if you are having

difficulties. You are expected to have attempted to put the car seat into your car as staff cannot go to the car with you. The NSHA does not rent or loan car seats. We recommend that you have a car seat technician in your area have your car seat checked for your car.

Note: Snowsuits and bunting bags are not recommended to be used for taking babies in car seats as the straps do not get snug enough. Using them is not safe.

For more information about child car seats visit: www.childsafetylink.ca, click on Safety by Age + dropdown, Newborns 0–6months section then click on Safety on the Road
<https://childsafetylink.ca/newborns-2/car-seats/>.

For Your Support Person

The NSHA encourages moms to have a support person stay with them throughout their labour, delivery and post-partum period. This support person is expected to be helpful and supportive throughout their stay. Some suggested items for support people to bring include:

- ☐ Change of clothing
- ☐ Pajamas (if staying overnight with Mom)
- ☐ Toothbrush, toothpaste, deodorant, brush
- ☐ Snacks, food, water or juice
- ☐ Money for meals
- ☐ Camera/phone
- ☐ Comfort items from home, such as their own pillow
- ☐ Patience, support, and positive attitude
- ☐ Questions

Services and Support for New Parents

[NSHA Women & Children's Health Program](http://www.nshealth.ca/women-childrens-health)

<http://www.nshealth.ca/women-childrens-health>

[NSHA Public Health – Pregnancy and Parenting](http://www.nshealth.ca/pregnancy-parenting)

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