

## In the delivery suite

- ☐ Comfortable clothing (e.g. nightwear or a large T-shirt)
- ☐ Warm socks, if desired
- ☐ Place one outfit for the baby in your hospital bag for immediately after the delivery: a bodysuit, socks, a hat, T-shirt and trousers or a jumpsuit
- ☐ A pre-completed birth-plan
- ☐ Completed umbilical cord blood donation forms, if desired
- ☐ Reading material
- ☐ Energy-rich snacks and drinks for mum

## For your stay

- ☐ Nightwear, possibly adapted for breastfeeding
- ☐ Slippers and a bathrobe
- ☐ Towels and washcloths
- ☐ Personal toiletries: comb, soap, toothbrush, toothpaste ...
- ☐ Underwear, large enough pants
- ☐ A nursing bra for breastfeeding
- ☐ Sanitary pads and clothing for your discharge
- ☐ Specific home medication
- ☐ Writing material

## For your baby

- ☐ The hospital provides nappies and other products for your baby during your stay on the maternity ward. You are responsible for providing clothing for your baby.
- ☐ A good supply of body suits (size 54/62), count on at least one per day
- ☐ Pyjamas or other outerwear
- ☐ Socks, a cap and mittens
- ☐ Bring suitable clothing for your baby and a safe and appropriate way to transport your child home. A portable car seat or carrycot would be ideal.

## Miscellaneous

- ☐ Identity cards of the mother and partner
- ☐ Blood type ID card
- ☐ Important medical details
- ☐ Documents to be completed (e.g. certificates)
- ☐ Kind & Gezin Baby Book