

What to "steal" from the hospital post birth

After having a baby there's a lot of healing to be done. Before you leave the hospital or birthing center ask your nurse and lactation consultant for a few supplies that will assist in healing provide ease for the first few days home with your baby(s). Feel free to print this list, pack it in your hospital bag and show it to your nurse and lactation consultant to help with gathering what you need before you check out.

For the Birthing Parent:

- Mesh undies
- Sitz Bath
- Donut Pillow
- Chuck Pads or "puppy pads"
- Lanolin
- Large pads
- Witch hazel pads
- 2 peri bottles
- disposable washcloths
- abdominal binder
- Resource lists

For Baby:

- small tub for sponge baths
- sponge/brush for baths
- diapers
- wipes
- bulb syringe

From lactation consultant:

- breast pump compatible nurser bottles
- slow flow nipples
- lanolin samples
- breast pump flanges
- nursing pads
- nursing sleep bra

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