

Little Hospital Guide for Parents

What to put in your suitcase?

- Hospital card, RAMQ card
- Medications you are taking, including prenatal vitamins
- Cord blood collection kit (if applicable)
- Pillows (2-3)
- Pyjamas
- Slippers
- Light and nutritious snacks
 - Juice
 - Chicken broth
 - Fruit puree
 - Jello
 - Popsicles
 - Tea, etc
- Large mouthed water bottle
- Massage oil, magic bag (for heat), ice pack, tennis ball for pain relief
- Hair elastics
- Tissues
- Change for vending machines
- Camera, batteries, memory card
- Music, speaker, iPad for your entertainment
- Phone and charger
- Dark colored underwear
- Large and absorbent sanitary pads (several)
- Nursing bra, nursing pads
- Newborn diapers (several)
- Toiletries for you and your partner
- Change of clothes for your partner
- Clothes for baby's return home
 - Including a hat, socks, mittens, and a blanket (depending on the season)
 - Baby will be comfortable in one layer of clothing more than you
- Change of clothes for you
 - Corresponds to your size at 6 months of pregnancy
- Little gift from baby to older sibling
- Car seat with National Safety Mark

Before Labour Begins...

- Find a pediatrician
- Plan a reliable ride to the hospital
 - Never drive while labouring!
- Organize care for your other children, pets and mail pickup
- Fill your freezer with easy meals
 - Soups
 - Casseroles
 - Sauces
 - Quiches, etc
 - Your priorities coming home will be baby and sleep!
- Reserve your reusable diaper service
 - Keep in mind baby will use 8-10 diapers per day
- Install car seat base in car

**Royal Victoria Hospital
Birthing Centre Number 24/7
(514) 843-1592**