

What to bring to hospital

It's a good idea to prepare a "go bag" before you need to head to hospital to have your baby. The suggestions below are not comprehensive, but they are a good starting point.

Packing for mum

- Comfortable loose fitting clothes to wear in the ward i.e. track pants, and loose comfortable underwear, enough for 2-3 days stay. You will need tops suitable/comfortable for breast feeding - ones that button open are good, and don't forget clothes to wear home.
- A dressing gown, or lava lava, and slippers or jandals
- Toiletries – soap, shampoo, deodorant, toothpaste, etc
- If you have a pillow you prefer, you may bring it
- Nursing bras
- Glasses/contact lenses
- Hairbrush, face cloth, cosmetics, moisturiser, etc
- Breast pads
- Maternity sanitary pads (2 packets, not panty shields)
- Any medications
- A pen and stationery
- Ear plugs (if you are a light sleeper)
- Snacks and fruit juice
- Cellphone and chargers

Packing for your baby

Baby's chill quickly after birth and when dressed need 2-3 layers of clothing made from natural fibres to stay warm. Natural fibres e.g. wool and cotton breathe so baby is less likely to over heat. Avoid synthetics e.g. polyester and polar fleece as these fabrics do not breathe and may cause baby to over heat. Layers of clothing trap and hold warm air and help keep baby's temperature more regulated. Layers can easily be added or removed as necessary.

Be aware that baby's lose more heat through their heads than any other body part, so a warm hat is essential initially. We suggest you bring

- 3 sets of clothes: 3 woollen / cotton singlet's
- 3 stretch and grows, or tops and pants that cover arms and legs
- 3 hoodless long sleeve cardigans / tops
- 1 hat (for taking baby home in)
- Booties and socks
- 2 wraps / cotton / wool
- Nappies, enough for 3-4 days
- Baby wipes

If you intend to feed your baby formula please bring it with you with bottles and teats, and a 2-litre ice cream container for sterilising them.

Remember that you will need a car seat to take your baby home.

Placenta

Some people choose to take their placenta (whenua) home. You may wish to bring a special container, such as an ipu whenua with you. We encourage you to send the placenta home with family members as soon as possible as there is no storage available at the hospital.