

Packing for Birth

* Something comfortable to wear during labour – nightie/t-shirt, ideally lose with easy access to boobs for breastfeeding/skin to skin
* Slippers/dressing gown
* Socks to keep your feet toasty & keep the oxytocin flowing
* Eye mask to shut out any unwanted light
* Familiar comforts – a snuggly blanket, your favourite pillow
* Your essentials for creating the perfect birth space – music, electric candles, aromatherapy oils/room spray,
* Your birth plan

Staying overnight

* Nightshirt or PJs (front opening/easy access to boobs)
* Disposable/cheap knickers
* Maternity pads
* Nursing bra
* Breast pads
* Outfit for the journey home (ideally stretchy/lose fitting for comfort)

For the Birth Partner

* Lots of snacks & drinks
* Change for the carpark/vending machines
* Phone, charger & list of essential people to inform once baby arrives
* Camera
* Clean top
* Toothbrush & toothpaste
* Deodorant/wipes to freshen up if necessary

For Baby

* Nappies & cotton wool
* Vests & babygros (3 or 4 of each in case you need to stay in hospital)
* Baby blanket
* Hat
* Snowsuit in colder months
* Car seat

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