



# Baby Love Birth Center

3046 DEL PRADO BLVD S. #2E CAPE CORAL FL 33904

(239) 540-9010 PHONE (239) 549-229 FAX

## Birth Center Supply List

### **In Car:** (something to cover the seats)

- Towels and/or Garbage Bags

### **For Mom:**

- Loose fitting clothes to labor in (large t-shirt, nightgown, etc.)
- If you want to wear something in the tub, bring several sports bras/tops.
- Robe & Slippers. Comfy pillow.
- Comfortable clothing to wear home, underwear, socks, nursing bra.
- Glasses (even if you wear contacts)
- Toiletries – shampoo, toothpaste, toothbrush, deodorant.
- Music CDs (we have Hypnobirthing music) You can also plug your iphone/pod into our speakers.
- Cameras – DO NOT FORGET CHARGER & EXTRA "TAPES" FOR VIDEO CAMERA
- CELL PHONE CHARGERS
- 1 small bottle olive oil (for perineal massage and keeps meconium from sticking to baby)
- Foods that are easy to digest – carbohydrate snacks, fruits, yogurt, crackers, soup.
- massage oils, aromatherapy, etc...

- Large orange juice for after birth
- Coconut Water, Gatorade, Vitamin Water or Juice.
- Food for after the birth
- Honey for quick energy

### **For Dad/Support Person:**

- Swim suit, change of clothes, toiletries, cell phone charger
- Hoodies/Sweaters for support people

### **For Baby:**

- 3 Diapers – try to get the ones with belly button area cut out, Baby wipes
- Newborn hat and pair of socks
- One piece outfit
- Receiving blankets
- Infant car seat

### **At Home:**

- 1 package Depends (adult diapers)
- 1 bottle of hydrogen peroxide and cotton balls for cord care
- Head of cabbage for engorgement
- Tube of Nipple Cream
- 6-8 Feminine Pads moistened with water and frozen (ice packs for Mom's bottom)



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