

LABOUR

- BIRTH PLAN X2 COPIES
- AROMATHERAPY (+ ELECTRIC DIFFUSER)
- CALMBIRTH SCRIPTS/MEDITATIONS
- MUSIC + EARPHONES+ SPEAKER
- CAMERA/PHONE + BATTERIES/CHARGER
- MANTRA'S | AFFIRMATION CARDS
- INSTANT REUSABLE HEAT PACK | EYE MASK
- MANUAL MASSAGER
- TENS MACHINE
- HAIR TIES/HEADBAND
- COSY COMFORTS (PILLOW, PHOTOS, SPECIAL JEWELLERY)
- DRINK BOTTLE (STRAW)
- BATHERS (+ FOR PARTNER)
- CHANGE OF CLOTHES FOR PARTNER(+ COMFY SHOES!)
- SMALL NOURISHING SNACKS
- LIP BALM

POSTBIRTH

MUM

- THONGS/SLIPPERS
- PHONE CHARGER
- PEN & PAPER
- LOOSE P.J'S (BUTTON TOPS OR EASY TO LIFT UP)
- HIGH WAIST 100% COTTON UNDERWEAR
- MATERNITY BRA/SINGLETS (NO UNDERWIRE)
- COMFY CLOTHING X3 (TRACKSUIT PANTS, LEGGINGS, BREASTFEEDING TOPS)
- TOILETRIES (TOOTHBRUSH, TOOTHPASTE, SHAMPOO, CONDITIONER, MOISTURISER, LOW SCENT BODY WASH)
- MATERNITY PADS X2 PACKETS
- BREAST PADS X20 (OR SILVERETTES, OR HYDROGEL BREAST PADS)

POSTBIRTH

BABY

- NAPPIES X24 (CLOTH OR DISPOSABLE)
- 3X 0000 SINGLETS (BUTTONS MAKE LIFE EASIER!)
- 3X 0000 SUITS/NIGHTIES (ZIPS MAKE LIFE EASIER!)
- 1X JUMPER/CARDIGAN
- 1X BEANIE
- 1X WRAP
- 1X BLANKET

TIPS

- WEARING OLD, COMFY CLOTHING FOR LABOUR IS BEST SUCH AS ACTIVE WEAR & MATERNITY CROP.
- PACK A SMALL LABOUR BAG WITH LABOUR ITEMS, THE FIRST CHANGE OF CLOTHES POST BIRTH FOR MUM AND BABY AND TOILETRIES.
- MOST HOSPITALS HAVE A 2-5 DAY STAY.
- IF YOU ARE FORMULA FEEDING BY CHOICE YOU WILL MOST LIKELY NEED TO SUPPLY FORMULA AND EQUIPMENT.

NOTES

