

Things to bring to the hospital – A check list for new parents

Paperwork

- Ontario Health Card, plus any extended hospital insurance information
- St. Joseph's Health Centre "blue card", if you have one. If not, you will receive one at your next appointment or when you're admitted (You do not have to call to get one.)
- A pen to fill out forms

For Mom

- 1-2 pairs of pajamas and a robe
- Slippers
- 1 supportive or nursing bra
- 4 pairs of underpants
- Toothbrush, tooth paste, deodorant, and tissues
- Any other toiletries or cosmetics you may need
- Large sanitary pads
- Loose-fitting clothes to wear home
- 1 pillow
- Addresses/ phone numbers

For Baby

- 1 package of small size diapers
- Vaseline
- Wipes
- 3 - 4 undershirts
- 3 - 4 sleepers
- 3 - 4 receiving blankets
- Outerwear to suit the weather
- Car Seat – please read the instructions for the child securing harness and proper car installation BEFORE coming to the hospital to bring baby home

What NOT to Bring

Jewellery, valuables, credit cards or much money

NOTE: The hospital does not provide the above supplies

Visit stjoe.org/fbc for more information about our Family Birthing Centre.

St. Joseph's Health Centre
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