

Things to bring to the hospital – A checklist 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 the Birthing Person

- 1-2 pairs of pajamas and a robe
- Slippers or flip flops
- 1 supportive or nursing bra
- 4 pairs of underwear
- Toothbrush, tooth paste, deodorant, and tissues (and any other toiletries you may need)
- Large sanitary pads
- Loose-fitting clothes to wear home
- 1 pillow
- Addresses/ phone numbers
- Cell phone charger

For Baby

- 1 package of small size diapers
- Wipes
- Barrier cream/oil for diaper changes
- 3 - 4 undershirts
- 3 - 4 sleepers
- 3 - 4 receiving blankets
- 2 hats
- 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

For the Support Person

- Pyjamas
- Comfortable clothes
- Toiletries

What NOT to Bring

Jewellery, valuables

NOTE: The hospital does not provide the above supplies

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