

Preparations for Your Birth at the Birthing Center

Here is a brief list of some items you will need to bring in preparation for your birth at the birthing center. Please note that upon arrival, you **must enter through the back door** of the Birthing Center and keep the ambulance ramp clear. Parking spaces is reserved for women in labor.

During the labor and the birth:

- Health insurance card and your hospital blue card (if you have one);
- Super-absorbent sanitary pads for the first days (avoid those with a plastic “dry-weave” top layer that traps moisture (During the first 24 hours, some women choose adult briefs);
- Loose, comfortable clothing;
- Bikini top or tank top (at your discretion for modesty);
- Warm socks, slippers;
- Several pairs of underwear, including large briefs;
- **Bottles of unscented sweet almond oil**, approx. 250 ml (if allergic: olive oil, grape seed oil, or another vegetable oil);
- Nightgown and bathrobe;
- Small fan;
- Small aquarium fish net from a pet store or a small strainer (to remove stool if needed during a water birth).

Suggestions for music and ambiance:

- Portable speaker;
- Charging blocks and cables;
- Candles or flameless candles;
- Essential oil diffuser.

After the birth :

- Toiletries (toothbrush, toothpaste, shampoo, soap, etc.);
- Change of clothes for leaving the birthing center (appropriate for the season);
- Clothes for your partner (including swimsuit if they join you in the bath during labor) and toiletries.

Baby Care After Birth :

- Newborn-size diapers (about 6);
- Cotton washcloths and/or disposable wipes;
- 2 baby sleepers;
- 2 undershirts;
- 2 cotton hats;
- Socks;
- Warm, season-appropriate outdoor clothing;
- Small flannel blankets and a warm blanket;
- If you know you will not breastfeed: commercial newborn formula and bottles;
- **Required: 1 approved infant car seat (*Check the expiration date*)**

Everything should fit into one suitcase or two small travel bags.

During Your Stay:

- Meals for the mother are included during the stay at the Birthing Center. You may use the refrigerator if needed.
- For the father/partner, meal costs must be covered before leaving the birthing center.
- Ordering from nearby restaurants is also possible.
- The baths are for use by the couple only.*

♥ The birthing center assistants will be happy to take care of you throughout your stay (see the brochure for more information).

Visitors:

To respect privacy for yourself and for the other women giving birth, we recommend limiting the number of visitors and having them come only **after** your baby is born. Their visit should be brief.

If waiting is necessary, visitors must stay in the waiting room at the front of the birthing center; they may use the restroom located there only.

Only the people you authorize will be admitted to your room.

If you have any questions, please contact your midwife



We wish you a very positive birthing experience!