

## Taking Care of Yourself

### Hospital Checklist

#### For Mom:

- Health card
- Slippers
- Night gown or robe
- Loose fitting clothing to go home
- Socks
- Nursing bra
- Underwear
- Pen and paper
- Sanitary napkins (pads)
- Toothbrush and toothpaste
- Toiletries (shampoo, soap, hairbrush)
- Coins for vending machine
- Healthy snacks
- Phone numbers of friends or family
- Items used for comfort such as unscented lotion for massage, a pillow with coloured pillow case, magazine or reading material



#### For Baby:

*All clothing and blankets should be washed in a mild detergent before you put it on your baby.*

- Newborn diapers
- Sleepers
- Undershirts
- Socks
- Receiving blankets
- Clothes to wear home and a light hat
- Safety approved infant [car seat](#)