

BELLINGHAM *Birth Center,* INC.

2430 Cornwall Avenue Bellingham, WA 98225 (360) 752-2229 Fax: 752-2228

~ SUPPLIES FOR BIRTH CENTER BIRTH ~

- ❑ food/drinks/snacks (fruit, juice, popsicles, yogurt, bagels, Recharge or Gatorade – whatever appeals to you). Refrigeration is available at the birth center, as are a toaster, microwave, and coffee pot.
- ❑ food/drinks for partner
- ❑ toothbrush, toothpaste, hair brush, chap-stick, etc.
- ❑ loose-fitting, comfy clothes (sweats, t-shirts, underwear, socks)
- ❑ an outfit for the newborn to wear home (hat, onesie, receiving blanket, diaper, socks, etc.)
- ❑ playlist (we have Bluetooth speakers in each birth suite)
- ❑ bathing suit for partner (optional)
- ❑ infant car seat

The following items are good to have on hand for after the birth. You do not need to bring them with you to the birth center.

- ❑ baby thermometer (quick-read, digital is best)
 - ❑ Lansinoh brand lanolin – this is a product sold in the breastfeeding section at drug stores that is very helpful in the prevention and treatment of nipple pain
 - ❑ extra menstrual pads
 - ❑ cold packs or frozen peas
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