

BELLINGHAM *Birth Center,* INC.

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

SUGGESTED SUPPLIES FOR YOUR BIRTH CENTER BIRTH

- ❑ Some light food/drinks for you (fruit, popsicles, juice, bagels, Gatorade – whatever sounds yummy to you) and your partner. We have a variety of fruit juices, electrolyte drinks, protein bars, instant oatmeal, applesauce, and soup that you're welcome to have if you'd like. You and your support people can use the fridge/freezer, toaster, microwave, and coffee pot that are in the hallway kitchenette.
- ❑ Personal items like a toothbrush, toothpaste, hair brush, chap-stick, etc.
- ❑ Loose-fitting, comfy clothes (sweats, t-shirts, underwear, socks). We have cozy robes that you can use here, but bring whatever you'd like to wear during labor and to wear home.
- ❑ Clothes for your baby to wear home (hat, onesie, pajamas, receiving blanket, diaper, socks, etc.)
- ❑ Music ~ we have bluetooth speakers in each room for you to use if you want.
- ❑ Bathing suit for partner (optional)
- ❑ Infant car seat ~ it's best to adjust this well before your due date and make sure you know how to get it in and out of your car correctly.

We will send you home with the following party favors:

- ❑ 3 underpads (24" x 36" big waterproof pads for in the car or in bed)
- ❑ 6 big (but not super bulky) menstrual pads
- ❑ 2 pairs of mesh stretchy underwear (washable)
- ❑ 3 disposable ice pads
- ❑ 3 pull up depends-type adult diapers
- ❑ 1 quarter-ounce tube of Lancinoh brand lanolin
- ❑ 1 pack of herbs to make a sitz bath tea for your perineum
- ❑ 1 sitz bath if you have a tear that could benefit from soaking in warm water
- ❑ You'll be given a peri-bottle to use postpartum at the birth center, and you can bring that home with you.