

Here For You Through Every Stage

While you're preparing at home for the arrival of your little one, the Family Birthing Center nurses are waiting and excited for you to arrive! The world has a lot going on right now, but YOU have a lot going on inside too. We cannot wait for you to come in and have your baby! **It is what we love to do.** We have developed a list of items that you may want to bring to the hospital. So Mama, (or whatever loving name your little one will call you) here is a list that we have tenderly collected so that together we can make your birth experience extra special and ease your stress.

Your checklist:

Bring your favorite things. Anything you can take home and wash with soap and water is acceptable. Such as:

- Nightgown, socks, slippers, robe, underwear (of course we have the sexy mesh kind)
- Enough clothes for you for 3 days if you plan to wear your own clothes
- Comfy clothes for your partner, anything they might need for 3 days
- Baby clothes for baby after that first bath if you prefer your own cute clothes
- Laptops, charger, cell phones, ipads, cameras, batteries, extra long charger, etc.
- Pillow, blanket
- Any toiletries you might want
- Favorite snack
- Car seat for day of discharge

Lactation is available to help you even after you go home. **Call (765) 660-6866.**
Celebration Meals – these dinners are just for you and that special person to enjoy.
The Obstetricians and Neonatologists are in this with you!

