



WE DELIVER...NATURALLY

NYBirthingCenter.com

6700 3rd Avenue, Brooklyn, NY 11220

What to Pack for the Birthing Center of New York

The Birthing Center of NY is pretty comfy and cozy however there are some things that you should bring with you to make your stay even better! Here is our list to help you pack your "Hospital Bag":

- Nursing bra – this will help support your breast as well as allow access to the baby without having to remove your bra. You can also insert breast pads to catch any milk that may leak out
- Slippers/Comfortable Shoes – The goal here is to have footwear that you can take off easily yet be comfortable in. During labor you will likely walk around so it's best to be prepared
- Pillows – If you have a favorite pillow(s), then bring it along
- Clothes – Bring a change of clothes including underwear and socks.
- Hair Clips/Scrunchies – Bring something that you can tie your hair up in
- Diversions – Bring books, magazines, your laptop or tablet, games, headphones to listen to music etc....labor can be a long process so these will help you occupy time
- Camera to capture your birthing journey
- Toiletries – These include a tooth brush, tooth paste, mouthwash, deodorant, etc.. Also bring a hairbrush/comb. Also if you wear makeup, bring that along with face wash, shampoo and conditioner. Also bring extra absorbent maxi pads with you.
- Phone Numbers – important phone numbers of people you may want to contact
- Insurance Card – Bring this with you along with any identification you may have
- Clothing for Your Baby – You will need clothes to take the baby home in as well as a receiving blanket. If its cold out, make sure to bring extra layers of clothes and blankets
- Rear Facing Car Seat – You will need this in order to transport your baby safely in your vehicle. Not only is it the law but it's the safest way for a baby to travel in a car
- Snacks – You can bring some sugar free candies to keep your mouth moist. You can also bring some snacks for you and your birth partner. Clear these with your doctor first.

This list is not all inclusive. If there is something else that you feel is important to bring with you on your babies big day, then by all means bring it with you. Some moms bring a stuffed animal and some bring pictures of their family members. Others bring nothing but the bare essentials – it's totally up to you!

If you need any help putting together a list of the essentials for your bag or have any questions, please do not hesitate to give us a call or send us an email.