

What to bring to the Maternity Ward?

Personal items to bring to the delivery room

For the mother:

- Two short and loose-fitting night shirts, or better, shirts that open easily
- A dressing gown
- Slippers
- A large and absorbent towel
- Miscellaneous items: books, music (CD, Mp3, Smartphone, ...), biscuits, energy drinks, or anything that will promote your well-being.

For the baby:

- A long-sleeved body suit
- A sleep suit and hat
- A blanket
- No umbilical-cord bandages and no nappies

Personal items to bring for your stay in the maternity ward

For the mother:

- A few pairs of cotton or disposable panties
- Loose-fitting night shirts or pyjama's
- Breastfeeding bras (which allow you to completely expose the breasts)
- Absorbent towels and flannels
- Toiletries
- NB : A banana-shaped pillow is very useful to support your back or rest your arm on while the baby is feeding.

For the baby:

The average length of stay on the maternity ward is about 3 days. Plan at least one daily change of clothes for your baby.

- Cotton-shirts or preferably "one-sies"
- A few sleep suits
- Some socks
- Cotton mittens (optional)
- Some bibs
- Some swaddle blankets to decorate the crib
- Toiletries for the baby: a gentle soap, a hairbrush (you can buy these products at the maternity ward)
- Absorbent towels and washcloths
- A bath thermometer
- Outdoor clothing (adapted to the season) for your return home.

