

Concord Birth and Wellness Center

8D McGuire St. Concord NH 03301 ☒ (603) 228-8710

www.concordbirthcenter.com

YOUR STAY AT THE BIRTH CENTER:

We are so happy you have decided to have your baby with us at the birth center. It is important that you feel comfortable and secure here. The following is a list of supplies you will need to bring with you to the center. As an outpatient facility, we do not stock large amounts of supplies but do provide most necessities for labour, birth and immediate postpartum (towels, linens, disposable items, some snacks and drinks). You are welcome to bring additional items of comfort to make your stay more enjoyable.

FOR the MOTHER:

- Package of large "chux"/underpads
- Extra large and regular maxi pads
- Bottle of castor oil
- Comfortable, easy access, layerable clothing (pajamas, robe, slippers, cozy socks, big underpants, t-shirts, stretchy pants, etc.) - a few different options
- Basic toiletries; soap, shampoo, toothbrush/paste, lipbalm, etc.

For Baby:

- 2-3 Newborn hats, onsies, socks, 2 newborn outfits (washed)
- 3-4 receiving blankets, preferably cotton (washed)
- Plenty of newborn diapers and diapering supplies (pre-wash all cloth diapers)
- Qtips, bottle of rubbing alcohol, Tea tree oil (for cord care)
- Bulb syringe, thermometer, baby nail clippers, natural soap (Dr.Bronners)

Suggested Food/Drink:

Energy drinks (Recharge, EmergenC) plain filtered water, fruit juice, vanilla ice cream, honey, cheese, crackers, fruit, nut butter, eggs, soup/broth, yogurt, any easily prepared food. Hearty after-the-birth meal, Chocolate for midwives! And plenty of dried fruit for mother post-pushing.

Optional:

- Camera (film, batteries, charged video camera & tapes)
- Heating pad/hot water bottle
- Music and player – some relaxing, some boogie!

Postpartum Supplies:

- squirt bottle of witch hazel or comfrey tea (astringent for perineal tears)
- epsom salts
- manual/electric breast pump, tube of Lansinoh, leak pads, Soothies
- hydrogen peroxide/Oxyclean to remove blood spots
- frozen witch hazel/comfrey maxipads : pour witch hazel/comfrey leaf tea over six large pads, place in a labeled ziplock bag in the freezer by 37 weeks

Postpartum doula service is available through Concord Birth and Wellness Center