

Doula 4 U Birth Services

Dedicated to supporting the mother through her birth journey and beyond.

Labor Bag Suggestions

The Labor bag you will take with you when you go into the hospital or birth center.

- Personal toiletries (also used postpartum):
 - Mouthwash, Breath mints, Toothbrush & Toothpaste (for partner too!)
 - Lip balm/chapstick
 - Body soap
 - Shampoo/conditioner
 - Deodorant
 - Facial soap and moisturizer
 - Body Lotion (may use massage lotion)
 - Prescription medications you're taking
 - Glasses or Contact lens case/lens supplies
 - Hair Brush/comb (great if having your hair brushed is relaxing to you)
 - Barrettes / Ponytail Holders / Hair bands for long hair
- Watch with a second hand for timing contractions – should be using this before going to the hospital
- Waterproof pads for the car ride (if your water breaks – a beach towel over a plastic garbage bag will also work)
- Admission forms/papers (if not already done and on file at hospital)
- Health insurance card & ID
- Two copies of your Birth plan
- Camera and/or video camera – extra memory cards, CDs, DVD or tapes as needed, extra batteries or power cord to charge
- Cell phone and battery charger or Calling Card for Long Distance Calls
- List of contact names and numbers to share the good news
- Cash for vending machines for your partner (change and small bills)
- Lollipops (for dry mouth)
- Focal point (if using a photo or something paper you will hold, laminate it)
- Lotion, Oil and/or powder (cornstarch works well) for massage
- Aromatherapy oils and cotton balls or pads
- Tennis balls or massage tools
- CDs of favorite music or MP3 player
- Change of clothes for your partner (swimsuit for shower!)
- Snacks for your partner (protein or meal replacement bars)
- Thick socks if your feet get cold (not white – might get bloody) hospital may provide
- Eyeshade (might use to help rest)
- Books/magazines
- Baby Book if you want the foot prints done by the nurse when she does the paperwork (check with hospital during tour if they do foot prints)
- Anything else that brings you comfort or is relaxing!

Postpartum Bag Suggestions

The Postpartum bag you can leave in your car until after the baby is born.

- Maxipads (Hospital will provide some – ask for extras to take home - but you may prefer your own)
- Underwear (Hospital may provide disposable maternity underwear, they're surprising comfortable and you don't have to wash them! Ask for extras to take home.)
- Bathrobe & Nursing Pajamas (Hospital gowns are great for nursing and you don't have to wash them! Not enough coverage? Put a second one on backwards to cover your back side.)
- Nursing (sleep/comfort) bras & breast pads
- Socks & Slippers
- Loose, comfortable outfit to go home (You'll still feel about 6 months pregnant.)

For baby:

- Car seat installed in car (rear facing!)
- Receiving blankets
- Going-home outfit with hat/cap
- Hospital may provide the following – ask during hospital tour:
 - Clothes
 - Hat/Cap
 - Diapers & Wipes

During your hospital or birth center tour ask what they will provide!