

What to take to Hospital for You and Your Baby



By Rachel Waddilove

For Beaming Baby

Here is another golden nugget of information from Baby Expert Rachel Waddilove.

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

What to take into Hospital for You and Your Baby

It is a good idea to have your hospital bag ready about a month before your baby's due date.

Items for Labour

- Antenatal notes
- Birth plan if you have made one
- TENS machine if you are using one
- Nightdress or large T-shirt for delivery
- Thick socks
- Snacks and drinks
- Magazines and books
- Dressing gown and slippers
- Camera
- Lip balm and facial spray
- Wash bag and hairbrush/bands

Items for the Ward

- Two or three nightdresses or pyjamas – front opening for feeding
- Three nursing bras
- Breast pads
- Nipple cream
- Disposable or cheap underpants
- At least twenty-four maternity pads
- Two towels
- Tissues
- Make-up bag
- Arnica tablets/cream
- Anti-bacterial wipes
- Phonecard or change for the phone
- Clothes for going home (maternity wear)

Items for Your Baby

Newborn nappies
Three vests
Three sleepsuits
Muslin squares
Shawl or blanket
Clothes for going home
Warm jacket or all-in-one if cold weather

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit
[Rachel Waddilove's Page](#)



To find out more about Rachel's books, try one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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