Checklist Guide for Labor + Delivery

A Note from Sarah

Welcome!

I am so happy that this guide has made its way to your fingertips. I want to start by saying a congratulations of welcoming your beautiful bundle of joy, mama! What a gift this child is!



This is a truly oh so sweet season in motherhood as you prepare all the things to welcome a new little one into your life whether it may be your first or fifth+. I hope this packing list guide can give you a foundation to build upon, tweak or use to your needs so that you can focus in on the ways the Lord is asking of you in this time. There is a lot you'll find on this list tat you may not need especilly after you've had a few too so adjust to your liking! Please know my family is praying for each + every one of you.



DOCUMENTS

birth plan
Identification cards
cash and/or credit cards
insurance card(s)

CLOTHING

lounge dress/comfy loose outfits for each day + night staying.
nursing bras/comfy bras that are easy to nurse in
slip on shoes for walking around hospital
socks

TOILETRIES

deodorant
facial products (cleanser, moisturizer/creams, serums)
toothbrush + toothpaste
lotion
body wash, shampoo + conditioner
chapstick
nipple butter
light makeup *if desired*

CONTINUED

hairbrush

hair ties and/or clips

postpartum products the hospital provides these products so don't be shy to ask for extras if needed to bring home, it already included in your bill!



QUICK LIST

Underwear (for each day)
Toothbrush
Deodorant
Facial products (cleanser, moisturizer, etc)
Pajamas/lounge wear for each night
outfits or each day (something comfortable)
Devices desired along with chargers for each item
ID
Credit cards and/or cash



FOR THE BABE

Outfits for babe (one for each day)
blankets/swaddles
pacifier + clips
burp rag(s)
nursing cover
diapers, wipes other baby products (e.g lotions + such) are provided by the hospital but we like to bring our own)
Feeding + support pillow if desired

CONTINUED

any props you may want (e.g. name sign)
 Breast pump to ask the lactation consultant questions

time mother if desired.

about using your pump as a first

EXTRAS



lots of snacks
Infant car seat + base
Backpack/weekender bag
laptop
DSLR camera
chargers for laptops, + phones (extra long cords)
camera batteries
SD card(s)

CONTINUED

any adapters you may need for laptop
rosary
heating pack
large water bottle with a straw
crucifix
holy water
bible
journal
cell phone(s)

ADD YOUR OWN



I was intentionally made for THIS

each contraction brings me closer to my LITTLE ONE

Mybaby + I are working TOSETHER

In through my nose out through my AOUTH

I can do hard things with the LORD

"Mary, Mother of Jesus please be a moiher io me

NOW."

I am a living vessel for the LORD

It is beautiful + a privilege io be a WOMEN

$\begin{array}{c} \text{The} \\ \textit{Lord} \\ \text{is in} \\ \text{CONTROL} \end{array}$

"Jesus,

I
trust in
YOU"

"Mary,

lend me

your

HEART"

"Mary,

keep me in
your most pure
HEART"