

Checklist Guide *for* Labor + Delivery



FREE GUIDE



@sarahelizabethmerck

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. Please know my family is praying for each + every one of you.





FOR THE
MOTHER

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*



*cheap flip flops for shower if
desired*



*slippers 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!





FOR THE
FATHER



FOR THE
BABE

- ☐ *Outfits for babe (one for each day + one for announcement pictures)*
- ☐ *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*



Continued

- ☐ *any props you may want
(e.g. name sign)*
- ☐ *Breast pump to ask the
lactation consultant
questions about using your
pump as a first time mother*



EXTRAS



- ☐ *lots of snacks*
- ☐ *Infant car seat + base*
- ☐ *Diffuser + oils (this differs place to place if allowed)*
- ☐ *Backpack*
- ☐ *laptop*
- ☐ *DSLR camera*
- ☐ *chargers for laptops, + phones (extra long cords)*
- ☐ *camera batteries*
- ☐ *SD cards*
- ☐ *rugged drives*

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

☐☐☐☐☐☐☐


@SARAH ELIZABETH MERCK

BIRTH AFFIRMATIONS





I was
intentionally made
for
THIS






each

contraction brings

me closer to my


LITTLE ONE



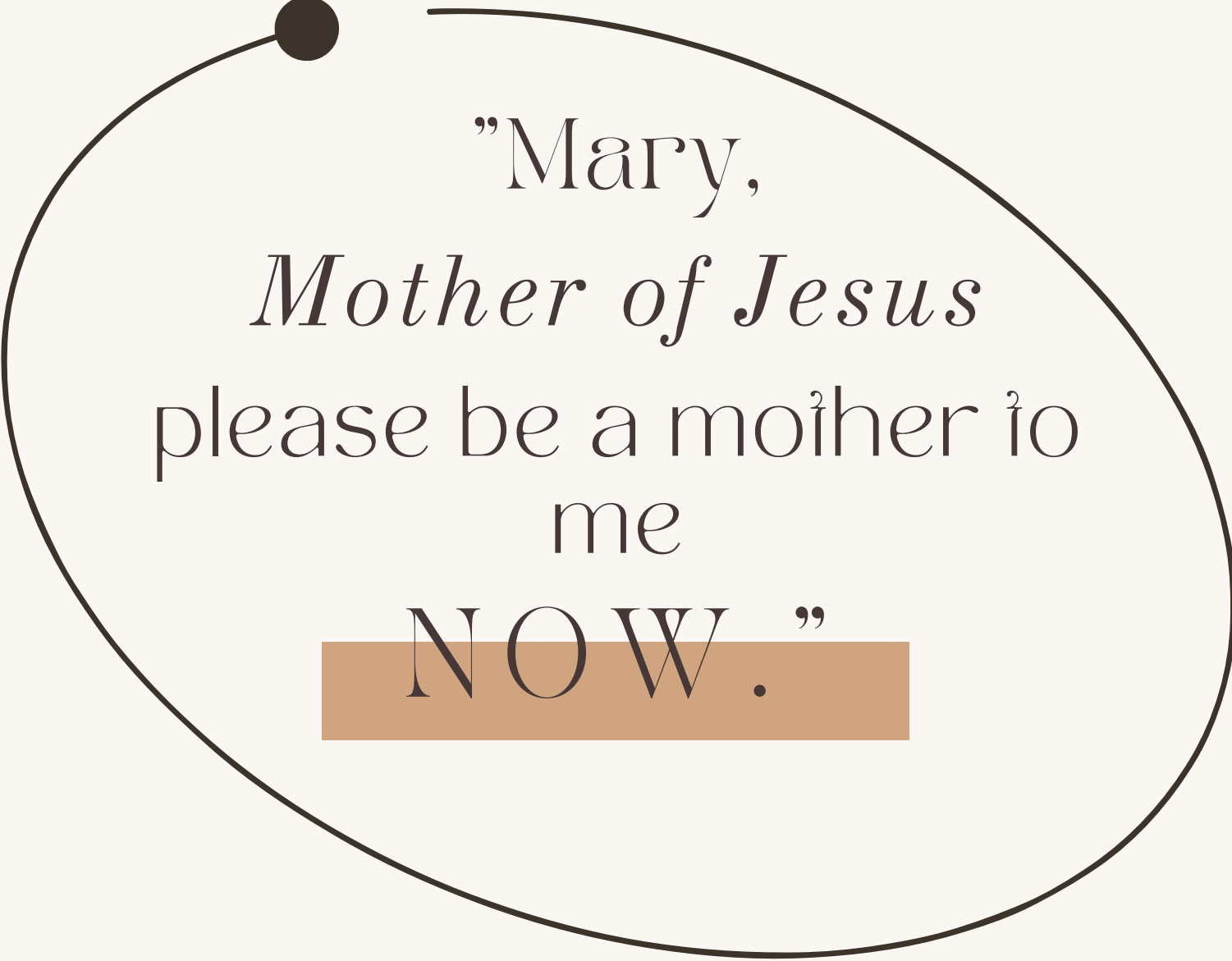
My baby + I
are
working
TOGETHER



In through
my nose
out through my
MOUTH



I can
do hard things
with the
LORD



“Mary,
Mother of Jesus
please be a mother to
me
NOW.”



I am
a living vessel
for the
LORD



It is

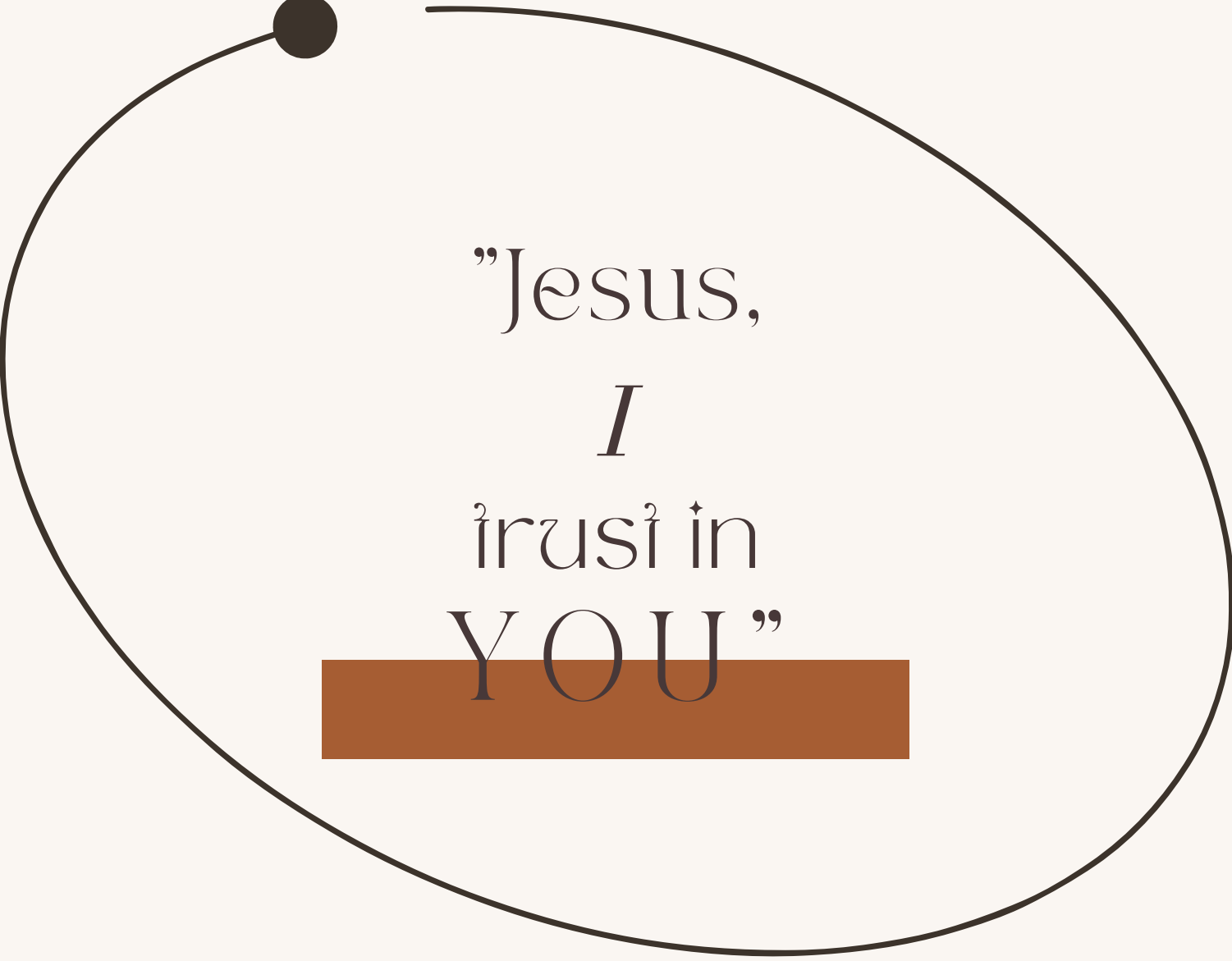
beautiful + a privilege

to be a

WOMEN



The
Lord
is in
CONTROL



“Jesus,
I
trust in
YOU”