

Having a baby at Joseph Brant?

What should I bring?

For Me

- Health Card
- Pen and Paper
- Underwear
- Toiletries and soap
- Sanitary Pads
- Drinks and snacks
- Breast pump
- Loose fitting clothes
- Nightgown/Robe
- Pillow
- Camera
- Phone Charger
- Music/Book
- Items to help cope in labour (ex. massage tools)

For Baby

- Approved car seat
- Clothes and hat
- Diapers
- Wipes
- Thin blanket
- Warm blanket (for winter)