

Goshen Birth Center: Items to Bring for Your Labor & Birth

For Labor

- Favorite relaxing music CDs, iPod, phone with playlist. We have a Bluetooth speaker available.
- Rice sock or other microwaveable heat pack (may get soiled during the birth)
- Favorite lotion or massage oil (we have plain massage oil, a labor blend, and several aromatherapy oils)
- Favorite small pictures or art pieces to personalize your birthing space
- Favorite pillow, blanket, or wrap (may get soiled during the birth)
- Breast pump: may be needed to help labor progress

For Mom

- Keep in mind that any clothing you bring could get soiled with blood.*
- Loose, comfortable clothing for laboring and wearing home (may be a night gown, comfortable sweats, etc)
- Dark colored sports bra or tankini shirt for wearing in the tub
- Warm socks and slippers
- Sweater or bathrobe
- Clean, loose, comfortable clothing for changing into after your bath and wearing home (should allow access for nursing)
- Nursing bra
- Clean socks and underwear for wearing home
- Toothbrush, toothpaste, deodorant, shampoo and hairdryer
- Your favorite juices, teas, and other light snacks (fruit, yogurt, crackers, protein bars) for labor
- Substantial meal that can be heated in the microwave, crock pot, or conventional oven after the birth. You might have a friend or family member bring this as soon as the baby is born.
- Bottle of motrin or ibuprofen if you plan to do extended stay

For Dad

- Wear loose comfortable clothing
- Bring one complete change of clothes
- Swim trunks or shorts for getting into the tub
- Extra socks or slippers
- Toothbrush and toothpaste, breath mints
- Food to nourish you—probably more substantial than mom's labor snacks

For Baby

- Light weight blankets
- Diapers: 3 to 4
- Clothing to wear home
- Warm blanket if the weather is cold
- Hat
- Car seat properly installed in the car
- Bottles and formula if planning to formula feed

For Other Children if Present at the Birth Center

- Plenty of snacks
- Favorite games and toys
- Crayons, coloring books, and drawing paper
- Favorite videos (We have a DVD and VCR)
- A gift for the baby if desired
- Favorite pillow and blanket (for the sibling to nap) if needed

Miscellaneous

- Phone list for making calls after the birth
- Camera, extra batteries
- Cell phone chargers