

# WHAT SHOULD YOU TAKE WITH YOU TO THE MATERNITY WARD?

## ST-ANNE ST-REMI HOSPITAL

Bd Jules Graindor 66, 1070 Anderlecht

### Small bag for the delivery room

- Baby's first outfit: long-sleeved bodysuit, pyjamas, hat, socks
- Comfortable pyjamas
- (light nightdress or loose-fitting T-shirt; a front opening makes breastfeeding easier)
- Blanket
- Towel or comfort blanket
- Hair tie / hair clip
- Slippers
- Mobile phone charger
- Speaker (+ a pre-prepared playlist if you like)
- Face mist, comb, etc.
- Water (water bottle), non-fizzy sugary energy drinks
- Snacks (biscuits, dried fruit, protein bars)

### Bag for the baby at the maternity ward

- 4 x Bodysuits (long-sleeved & short-sleeved)
- 4 x Pyjamas (warm & light)
- 2 x Hats
- 3 pairs of mittens
- 3 pairs of socks
- 1 x warm outfit for when you leave the hospital
- Blanket or sleeping bag/onesie
- 4 x nappies
- Bath towels & washcloths
- Nappy changing pads (if required)
- Baby toiletries (if required)
- Cardboard nail file

### A hospital bag for parents

- Water bottle
- Comfortable, lightweight clothing
- Black, loose-fitting knickers (if desired)
- Toiletries bag with soap, shampoo, etc.
- Towels, slippers
- Night light (if desired)
- Breastfeeding pillow (recommended)
- Milk collection container (recommended)



### Items provided by the maternity ward

#### **Charged for (on request):**

- Baby toiletries kit (cleansing gel, nappy rash cream, healing balm)
- Nipple creams
- Hot/cold pack
- Painkillers (provided as standard)

#### **Included:**

- Breast pads
- Sanitary towels and disposable knickers
- Wipes and washcloths
- Painkillers
- 1 pack of Pampers® nappies