



<i>Check list for Mum-To-Be</i>	
<p style="text-align: center;">Water bottle</p> <p>It is so important to stay hydrated during labour. It helps your muscles work better and prevents dehydration for Mum & baby</p>	<input type="checkbox"/>
<p style="text-align: center;">Comforts</p> <p>Insert your comforts here so you don't forget:</p>	<input type="checkbox"/>
<p>Music & Headphones</p>	<input type="checkbox"/>
<p>Affirmations</p>	<input type="checkbox"/>
<p style="text-align: center;">Snacks</p> <p>Little and often throughout labour. It's a marathon not a sprint so you need to keep your energy up.</p>	<input type="checkbox"/>
<p style="text-align: center;">Nightshirt</p> <p>Button down for easy access for skin-to-skin. Light material.</p> <p>OR</p> <p style="text-align: center;">Light dressing gown.</p> <p>Dressing gowns are great for labour as they can be flowy and a light material for comfort. Easy access for midwives to do observations. If you find one you love you will feel like a queen as your labour. You can always change into a nightshirt or hospital gown and keep your dressing gown as a reminder of how amazing you are.</p>	<input type="checkbox"/>
<p style="text-align: center;">Partner!</p> <p>Keep your birth partner close to hand</p>	<input type="checkbox"/>



<i>Check list for Mum</i>	
<p>Button down pyjama set (shirt & bottoms)</p> <p>Keep the material light, maternity wards are kept very warm.</p> <p>Button down if you are breastfeeding for easy access</p>	<input type="checkbox"/>
<p>Breast feeding vest-tops/bras</p> <p>These have clips on the straps for hooking & unhooking. Stick with a cotton material for comfort. You can keep your pyjama shirt nearby to throw on over the vest-top if you want more coverage. H&M sell packs of two.</p>	<input type="checkbox"/>
<p>Lanolin cream</p> <p>Helps with sore nipples in breastfeeding. Suitable for baby too so you don't have to wipe it off before feeding. It is also great as a lip balm because the air in the wards can dry out your skin.</p>	<input type="checkbox"/>
<p>2x pack of maternity pads</p> <p>Have more at home so Dad can bring them in if you need them.</p>	<input type="checkbox"/>
<p>Comfortable underwear</p> <p>Whatever style underwear you are used to wearing (thongs aside!) buy them in a size up. Maternity pads are bulky and you want to leave space for them. Avoid underwear with bands at the top, opt for lace topped ones instead.</p>	<input type="checkbox"/>
<p>Ballet style slippers with grips (optional)</p> <p>This is more for toilet visits so you have grip and are not going barefoot.</p>	<input type="checkbox"/>
<p>Face wash & whatever products in your regime.</p> <p>Be mindful that if your products have a scent, you will most likely always associate the hospital with this scent!</p>	<input type="checkbox"/>
<p>Hair bobbins, pins or hairband.</p>	<input type="checkbox"/>
<p>Phone Charger</p>	<input type="checkbox"/>