

LOVELY DAY EVENTS PITTSBURGH

YAY! THE BABY'S COMING.. NOW WHAT?



NEWBORN HOSPITAL CHECK-LIST FOR MOM

Toiletries:

- ☐ Toothbrush & toothpaste
- ☐ Hairbrush and/or comb
- ☐ Shampoo & conditioner
- ☐ Body Wash or Soap
- ☐ Deodorant
- ☐ Anything you need to make you feel pretty if you want to for all the inevitable photographs that will be taken of you (makeup, hairspray, hair ties, bobby pins, moisturizer, etc)
- ☐ Lip balm- no chapped lippies!

Other:

- ☐ Phone & charger
- ☐ Snacks and drinks---yummmm!
- ☐ Tablet or computer to watch Netflix and all that bingeing goodness--(& charger!)
- ☐ Headphones

Cozies::

- ☐ Slippers
- ☐ Comfy robe (Great for post-shower and to keep you warm)
- ☐ Sleep mask (to try to sleep during the day in between the visitors)
- ☐ A few days worth of clothing changes (loose waist sweat pants, tshirts, undies, socks)--Pack one day more than you're expected to be there just in case!
- ☐ Oversized blanket
- ☐ Your favorite pillow
- ☐ Flip-flops...the bathroom...enough sadi

FOR BABY

- ☐ Take Home Outfit (be mindful of the weather and zip-up onesies are easy!)
- ☐ Cozy baby blanket to snuggle up with that little peach
- ☐ Pacifier if you plan to use one
- ☐ Nail file!
- ☐ Car Seat
- ☐ Anything you think you'd like to incorporate if you are having hospital newborn photos taken (outfit, swaddle blanket, letter board, stuffed animal, etc)

PS- TAKE EVERYTHING! THE HOSPITAL ENCOURAGES YOU TO TAKE HOME THE DIAPERS, FORMULA, SWADDLES, AND OTHER ITEMS IN YOUR BASSINET AS WELL AS ITEMS FOR MOMMA (PADS, UNDIES, SPRAY BOTTLE, ETC! FREE STUFF IS THE BOMB!