

Preparing for Your Baby's Delivery ...

**NORTHWEST
MEDICAL CENTER
BENTONVILLE**



DESIGNATED AS A
BABY-FRIENDLY HOSPITAL
BY BABY FRIENDLY-USA



We have provided suggestions for what to bring to the hospital for the most comfortable labor and delivery experience. To avoid the last-minute rush, start packing several weeks before your baby's due date. We have included a list of the many amenities provided to you and your family in the Family Birth Place at Northwest Medical Center in Bentonville.

For Labor and Delivery Suite

- Photo identification
- Medical insurance card
- Birth plan (optional)
- Baby book for footprints (optional)

Clothing and personal items

- Eyeglasses, contact lenses, solution
- Loose, comfortable clothes
- Toothbrush, toothpaste, mouthwash
- Bathrobe
- Socks and slippers
- Flip flops
- Hair bands, ties, or barrettes
- Favorite pillows and blanket

Labor support bag

- Portable audio and video players
- Your favorite music CDs and favorite DVDs

- Lip balm or moisturizer
- Lotion for massage by partner
- Aromatherapy oil and diffuser
- Focal point (ie: vacation photo)
- Books, magazines, cards

For Mother-Baby Unit

- Nightgowns or loose clothing
- Nursing bra and pads
- Hair care products, hairbrush, make-up
- Comfortable, loose going-home outfit and shoes
- Car safety seat properly installed in your car
- Going-home outfit for baby
- Receiving blankets
- Pair of socks or booties
- Mittens

Suggestions for Partner

- Cell phone, camera, chargers
- Laptop (Wi-Fi is available)
- Snacks and drinks
- Mints or chewing gum
- Change of clothes
- Basic toiletries
- Bathing suit and flip flops if assisting mom with labor support in the shower
- Favorite pillow and blanket

Labor Suite Amenities

- ❖ Shower hydrotherapy
- ❖ Wireless fetal monitors for freedom of movement
- ❖ Birthing balls and birthing bars
- ❖ TV and telephone
- ❖ Ice and warm packs for comfort
- ❖ Baby footprint sheet
- ❖ Ice and clear liquids, popsicles
- ❖ Mini refrigerator in each room

Mother-Baby Unit Amenities

- ❖ Celebration meal and complimentary guest tray
- ❖ Personal hygiene supplies
- ❖ Breast pump and breast care supplies if needed
- ❖ Newborn feeding supplies
- ❖ Diapers, wipes, skin care products, blankets, tote bag
- ❖ HALO sleep sacks for in-hospital use and a complimentary HALO sleep sack to take home
- ❖ Mini refrigerator in each room