

BREATHE PUSH, pop



Mama Mio's
labour room checklist

Congrats mama...

...you've made it to the final s-t-r-e-t-c-h!
Giving birth can be a little overwhelming, so you'll want to be as prepared as possible. Breathe easy, we've got a one stop checklist to ensure you're prepped to push... and ready to pop!

For mama...

- **Birth plan**
Although nothings set in stone it's nice to have a rough plan of action
- **Slippers**
Easy to just pop on around the ward
- **Cotton socks**
There's no chance to back out... don't go getting cold feet
- **A pillow**
Make yourself feel at home
- **Wet wipes**
To freshen up
- **Mama Mio's Push Pack**
With a multi-balm for dry lips, a massage oil for aches and pains, a flannel to mop that tired brow, and a cooling face spritz this kit has you covered
- **A towel**
The hospital ones tend to either be non-existent, or paper thin
- **Snacks**
Although there is a hospital shop its always best to have your faves on hand
- **Your phone and charger**
So you can let everyone know once the baby has arrived and take lots of pics
- **Hairbrush & hair tie**
- **Toothbrush and toothpaste**
- **Nursing bra**
A whole lot comfier and convenient for when baby arrives
- **2 x packs of maternity/ sanitary pads**
Complete necessities post birth
- **Big comfy knickers**
Choose some you don't mind throwing away
- **Makeup and toiletries**
To help freshen you up for all those first photos and visitors
- **Nightdress or top**
A front opening one makes it easier for skin to skin contact straight after birth and during breastfeeding
- **Hand sanitiser**
Keep those germs at bay and help to protect your baby
- **Eye mask**
Help to get valuable shut eye under those bright hospital lights
- **Music**
Create a playlist to help you feel at home



For baby...

- **4 x sets of adorably cute new-born clothing**
Make sure they're suited to the season
- **3 x vests or onesies**
To be worn as innerwear
- **1 pair of socks or booties**
To keep little feet warm
- **1 new-born hat**
Essential to moderate baby's body temp
- **1 pair of mittens**
You'll be surprised by the length of new born nails!
- **A blanket**
Not just a warming layer, but comforting for baby
- **Muslin squares**
Super convenient for mopping up dribbles or leaks
- **Cotton Wool**
New-born skin can be too sensitive for baby wipes
- **New-born nappies**
Partner with nappy bags - you'll need them!
- **Car seat**
Ok, so this isn't going to fit in your bag! However it is an essential for taking baby home. We recommend installing it before baby arrives - it can be more challenging than you'd think!



Let's welcome your little miracle to the world!

For your birthing partner...

- **A change of clothes and their own toiletries**
You don't know how long you'll end up staying at the hospital
- **Cash and small change**
For parking, vending machines, snacks etc... don't get caught out!
- **Watch or timer**
With a second hand clock, let your partner help with contractions
- **A camera of some kind**
Whether that's a phone, iPad or camcorder to document those precious moments
- **Snacks and drinks**
They might not be doing the pushing, but they'll still get hungry!

