

Federal Way Birth Center

What you need to bring to birth center

When preparing to give birth at a birth center, it's important to pack a well-thought-out bag with all the essentials you and your newborn will need during your stay. While birth centers aim to provide a home-like environment, they may not have all the same resources as a hospital, so being well-prepared is essential. Here is a list of items to consider bringing to the birth center:

For You:

- Photo ID and Insurance Information: Bring your driver's license, passport, or other photo identification, as well as your insurance information or Medicaid card if applicable.
- Birth Plan: If you have a birth plan or specific preferences for your labor and delivery, bring a copy to discuss with the birth center staff.
- Comfortable Clothing: Pack comfortable, loose-fitting clothing for labor and postpartum, such as a nightgown or a nursing nightgown, and a robe.
- Slippers or Socks: Bring non-slip slippers or cozy socks to keep your feet warm and clean.
- Personal Toiletries: Include items like a toothbrush, toothpaste, shampoo, conditioner, soap, and any other personal care items you prefer.
- Hair Ties or Headbands: Keep your hair out of your face during labor.
- Snacks and Drinks: Pack light snacks and drinks to keep your energy up during labor. Some birth centers may have dietary restrictions, so check with your center in advance.
- Water Bottle: Staying hydrated is crucial, so bring a reusable water bottle to sip on throughout labor.
- Pillows and Blankets: Bringing your own pillows and a favorite blanket can add comfort to your birthing experience.
- Entertainment: Consider bringing a book, magazine, music, or other forms of entertainment to pass the time during early labor.
- Important Documents: Include any important medical records, prenatal care documents, or medical history information.

For Your Partner/Support Person:

- Comfortable Clothing: Your partner or support person should also bring comfortable clothing and extra layers in case the room is too cold or warm.
- Snacks and Drinks: Have some snacks and drinks available for your support person to stay nourished and hydrated.
- Entertainment: Your support person may appreciate entertainment or activities to keep themselves occupied during your labor.

For the Newborn:

- Baby Clothes: Pack a few onesies, sleepers, and hats for your newborn, along with a going-home outfit.
- Swaddle Blankets: Bring soft swaddle blankets to wrap your baby in.
- Diapers and Wipes: Have diapers and wipes for your baby's immediate needs.
- Car Seat: You'll need a properly installed rear-facing car seat to transport your baby home safely.

Additional Items:

- Camera or Smartphone: Don't forget a camera or smartphone to capture those precious moments.
- Charger: Bring chargers for your phone, camera, and any other electronic devices you may have.
- Important Contact Information: Make sure you have contact information for family and friends who need to be informed about the birth.

It's a good idea to discuss these items with your birth center in advance, as they may have specific requirements or recommendations. Additionally, some birth centers may provide some of the essentials on the list, so clarify what's provided by the center and what you need to bring. Having a well-prepared bag can help ensure a smoother and more comfortable birth experience.