****

**Pregnancy Checklist: Hospital and Home Preparation**

This checklist is for service providers to reference with newcomers who will be giving birth in the U.S. Service providers should encourage clients to pack their hospital bag a few weeks prior to their due date, to ensure they have the supplies they need ready during and after birth.

This checklist is not a compliance tool for any specific grant or program; always reference your grant agreement and terms for specific program requirements. This checklist should serve as a starting point framework rather than a comprehensive list. It is meant to be customized to include any additional checklist items as necessary.

This checklist was created in partnership with the Society of Refugee Healthcare Providers.

|  |  |  |  |
| --- | --- | --- | --- |
| **Supply or action needed** | **Requirement met? (Yes or No)** | | **Needs follow-up? (Yes or No)** |
| What to bring to the hospital for the mother/person giving birth | | | |
| *Important documents and wallet (e.g., Identification Card (ID), I-94, health insurance card, medical paperwork, etc.)* |  | |  |
| *Emergency contact information* |  | |  |
| *Loose, comfortable clothing for mother/birthing person: gowns, extra undergarments, head covering or hijab (if applicable), socks, breastfeeding bras, and shirts (if applicable)* |  | |  |
| *Slippers or sandals* |  | |  |
| *Current medication(s) (if any)* |  | |  |
| *Glasses and/or contact lenses (if needed)* |  | |  |
| *Non-perishable food and drink for snacking (if permitted by health care professional, especially if a specific diet is preferred)* |  | |  |
| [*Birth plan (who, what, and how)*](https://www.babycenter.com/pregnancy/your-body/calculators-birthplan_10328792)*—advocate for your client’s personal preferences and culturally sensitive practices (as medically possible)* |  | |  |
| *Preferred hygiene products: soap, shampoo, conditioner, toothbrush, deodorant, toothpaste, brush, lip balm, etc.* |  | |  |
| *Books or activities to pass the time* |  | |  |
| *Mobile phone and charger* |  | |  |
| *Heavy-duty maternity pads (if hospital does not provide)* |  | |  |
| *Comfort items (e.g., pillow, photos, or other culturally important items)* |  | |  |
| What to bring to the hospital for the baby | | | |
| *Clothing (2-3 outfits), including socks and hat* |  | |  |
| *Weather-appropriate outfit to wear home* |  | |  |
| *Pediatrician information* |  | |  |
| *Bottles (if formula feeding)* |  | |  |
| *Preferred formula (if formula feeding) as advised by pediatrician* |  | |  |
| *Blanket (if desired)* |  | |  |
| ***New*** *car seat (many hospitals will not let you leave without this, even if taking public transportation)—review relevant information on how to install car seats properly* |  | |  |
| *Extra bag for hospital giveaways (e.g., diapers, blankets, supplies for birthing parent)* |  | |  |
| *Diapers and wipes—most hospitals will provide this, but client or service provider should confirm with hospital/medical provider* |  | |  |
| What to bring to the hospital for the spouse or birthing partner | | | |
| *Non-perishable food and drink* |  | |  |
| *Pillow* |  | |  |
| *Blanket* |  | |  |
| *Mobile phone and charger* |  | |  |
| *Wallet with ID* |  | |  |
| *Change of clothes* |  | |  |
| *Books or activities to pass the time* |  | |  |
| Supplies needed at home after giving birth | | | |
| ***New*** *car seat appropriate for baby’s weight and age—note that, as babies outgrow their infant car seat, a new size-appropriate seat will be necessary* |  |  | |
| *Baby bed/crib* |  |  | |
| *Baby hygiene products (shampoo, baby wash, lotion)* |  |  | |
| *Baby wrap or carrier* |  |  | |
| *Stroller that can be transported on public transportation (e.g., can be folded up if needed)* |  |  | |
| *Scent-free laundry wash* |  |  | |
| *Weather- and size-appropriate newborn and infant clothing* |  |  | |
| *Burp cloths* |  |  | |
| *Baby blankets* |  |  | |
| *Diapers* |  |  | |
| *Baby wipes* |  |  | |
| *Bottles (if needed)* |  |  | |
| *Formula (as needed) as suggested by pediatrician* |  |  | |
| *Feminine hygiene products for mother/birthing person* |  |  | |
| *Pain relief and other post-birth products as desired (these often depend on the type of birth—i.e., vaginal birth or C-section—and may include medication, ice packs, Lidocaine spray, Sitz bath, donut, Preparation H, adult diapers, etc.)* |  |  | |
| *Breastfeeding cover (if desired)* |  |  | |
| *Breastfeeding supplies—as culturally appropriate and if desired by parent (e.g., nursing pads, nipple cream, milk storage bags, breast pump)* |  |  | |
|  | | | |

**Follow-up Notes**

|  |
| --- |
| *If any supplies were not provided, make notes here of missing supplies and planned follow-up to secure items.* |

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

Signature of employee completing checklist Date

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Print name

*The IRC received competitive funding through the U.S. Department of Health and Human Services, Administration for Children and Families, Grant #90RB0052 and Grant #90RB0053. The project is 100% financed by federal funds. The contents of this document are solely the responsibility of the authors and do not necessarily represent the official views of the U.S. Department of Health and Human Services, Administration for Children and Families.*