

Email: info@christianhypnobirthing.com

Instagram and Facebook:

@ChristianHypnobirthing



Christian Hypnobirthing

Birth Bag

The Essentials:

- Your breath and the Holy Spirit (joking, but also not joking).
- Birth plan/preferences.
- Medical/hospital notes.
- Two or three comfortable bras, including nursing bras, if you're planning on breastfeeding. Remember, your breasts will be larger than usual.
- Loose comfortable clothes to wear during labor (perhaps about three changes of clothes). Swimwear if using a birth pool.
- Food to keep your energy up, like cereal bars, cartons of juice, and water.
- Towels and flannels.
- Five to six pairs of underwear, either comfortable old ones or disposables.
- Toiletries, including a toothbrush, hairbrush, hair bands, lip balm, soap, and deodorant.
- One to two packets of maternity pads, breast pads, clothing for going home, nightwear that's loose and front opening if you're planning on breastfeeding.
- Any medications you're taking.

Nice to have:

- LED candles and fairy lights.
- Positive affirmation cards.
- Dressing gown and slippers.
- Plastic bag for dirty clothing.
- Tablet or phone and headphones so you can listen to Christian Hypnobirthing or worship music, etc.
- Books or magazines.
- Your favorite pillow.
- Blue light blocking glasses if you have to be under fluorescent lighting.
- Water spray and massage oil.
- Birth ball or peanut balls.
- Aromatherapy oils and a vaporizer.
- Birth comb.
- A TENS machine if you intend to use one.
- Some kind of special treat because you deserve it! Chocolate is always my go-to.

What to pack for your newborn:

- 12 to 15 diapers.
- Diaper bag.
- Fold up changing mat or towel.
- Small pack of sensitive baby wipes.
- Cotton wool balls.
- Bodysuits, vests, and sleepsuits.
- An outfit for going home.
- Hat, scratch mittens, and socks or booties.
- Muslin squares.
- Blanket for trip home.
- A pram suit if it is cold.
- Car seat ready for the trip home from the hospital.

Birth partner:

- Snacks and drinks.
- Change of clothes.
- Blanket.
- Magazines and books.
- Toiletries, such as deodorant, toothbrush, and toothpaste.
- Money, including change for vending machines and the hospital car park.
- Camera, mobile phone, and chargers.
- List of phone numbers.