

What you might want to bring for after delivery:

- Two or more bed pillows (having your own pillow will help you rest better-using a printed pillow case is best so your pillow does not get mixed with the WBH pillows)
- Camera and plenty of film
- Baby book
- Toiletries for Mom and support person
- Slippers, bathrobe, nightgown (we do provide gowns and if you prefer disposable underwear)
- Going home outfit (usually an outfit that you could wear when you were 5 months pregnant or more-you usually will not be able to fit into those pre-pregnant jeans right away)
- Supportive Bra (if you are breastfeeding we encourage you not to use under wire bras)
- Bra pads if you plan on breastfeeding
- Reading and writing materials (some even like to work on announcements during their stay)
- Telephone numbers and address book (purchase a calling card for long-distance calls)
- Take home outfit and blanket for baby
- Car seat for infant
 - ❖ Please make sure you are familiar with the proper use of all aspects of your car seat by reviewing your car seat instruction manual and your vehicle's owner manual. We strongly encourage you to visit a car seat safety check prior to the delivery of your baby. For more information or to schedule a car seat check appointment, please call (717) 544-3811.
 - ❖ Please be aware that purchased items such as a head and neck support should not be added to your car seat. Only supports that came with your seat were safety tested for your seat. Added pieces not made for your seat can be a safety hazard!
- Small receiving blanket that can safely be used for head support if needed.
- Items that will make you feel at home (pictures of pets and other children, a favorite book, etc)
- Appropriate night attire for support person (boxers, pajama's etc)

We will provide the following:

- ✓ Hair and body wash
- ✓ Baby diapers and soft wipes
- ✓ Sanitary pads
- ✓ Baby T-shirts and blankets for use during your stay
- ✓ Formula for your baby if you plan to bottle feed
- ✓ Any medication you may need

We are looking forward to your stay with us!