



Maternity bag for your stay



CHU
Poitiers

Women, mother, child center
Department of gynecology-obstetrics and reproductive medicine

What should you bring to the maternity ward?

For childbirth

- Family record book
- Advance recognition (can be done by the father or the mother or both),
- Completed and signed form designating a trusted person (regulatory requirement),
- Completed and signed advance directives form (regulatory requirement).

These two forms are found at the end of the welcome booklet, to be detached and given to a practitioner during a consultation.

For you

- A spray bottle ;
- Comfortable clothing that can be easily removed, possibly a second set to put on after childbirth when returning to your room ;
- Music (CD) of your choice.

For your child

- 1 onesie ;
- 1 pyjamas ;
- 1 pair of socks ;
- 1 hat ;
- 1 wool cardigan ;
- 1 sleeping bag/swaddle.

For hygiene and comfort, we ask you to leave the rest of your luggage in the car if you have not yet stayed in your room.



For your stay

For you

- 1 electronic axillary thermometer ;
- Disposable underwear ;
- Packs of pads or adult diaper ;
- 1 toiletries kit + towels ;
- Suitable and comfortable clothing ;
- A pen to note feeding times.

If you chose to breastfeed :

- A nursing bra (plan for an additional cup size. Wait until the end of your stay to buy another one) ;
- 1 nursing pillow with its cover.

If you chose to bottle feed :

- A sports bra.



For your child

- 1 pack of diaper ;
- Bibs
- 1 electronic axillary thermometer ;
- 2 warm swaddles (newborn) ;
- 1 hat (even in summer) ;
- 5 pairs of socks, ;
- 2 to 3 wool cardigans (even in summer) ;
- 5 pyjamas and 6 onesies ;
- 1 bath thermometer ;
- 1 hairbrush or comb.

If you chose to bottle feed :

- Baby bottles, preferably glass bottles with a nipple suitable for newborns (nipple flow rates 0 and 1) ;
- Bottle brush ;
- Bottle drying rack.



For birth registration

The father or the person who received the birth certificate must go to the place of birth town hall within five days to declare the child and obtain birth certificate copies and extracts.

For this, you will need :

- The family record book ;
- Parents identification (identity card, passport, or residence permit) ;
- Home adress proof issued within the past two months.



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