

# Midwifery Birth & Wellness Center



What should I bring to the Midwifery Birth & Wellness Center?

- For Labor:
  - Birth preferences/wishes
  - Water bottle
  - Favorite drinks + snacks for birthing person and support person
  - Birthing wear: whatever you feel comfortable in – a labor gown, a shirt, a sports bra, bathing suit top, or nothing at all!
  - Essential oils and/or diffuser
  - Head phones with labor playlist
  - Mini fan for comfort
  - Phone/camera + chargers
  - Lip balm
  - Hair ties
  - Massage oil
  - Comfort items from home – pillow, blanket, photos
  - Birth affirmations
  
- For Going Home:
  - Loose fitting clothes to wear home
  - Clothes for baby to wear + swaddle
  - Stocked diaper bag
  - Car seat



What does the Midwifery Birth & Wellness Center have for me?

- Relaxed atmosphere
- Home-like suites with private patio
- Labor/ birthing tubs with LED lighting
- LED candles
- Items to support labor and birth: birthing ball, peanut ball, Om gym
- Postpartum supplies
- Family gathering room including seating area, desk, children's play area, refrigerator, microwave, toaster, coffee maker and tea pot

