



List of the necessity for your childbirth and practical advice for your stay in the maternity

For the mommy

- ★ Travel sets for personal toilet
- ★ Bath towel
- ★ Bathrobe or dressing gown
- ★ Flip-flops for the shower, slippers
- ★ Night dresses
- ★ Brassieres or nursing bras
- ★ Cheap cotton disposable panties
- ★ Sanitary napkins
- ★ Administrative papers : identity card, social insurance card, family record book,...
- ★ Drinks authorized in room of childbirth : water, tea, fruit juice without pulp
- ★ To complement the stay : pillowcase, blanket, nursing pillow, music,...

For the baby

- ☺ 6 pajamas and 6 bodies
- ☺ 2 vests
- ☺ 1 cap, pairs of socks
- ☺ One-piece baby suit = romper bag for children
- ☺ Blanket made of fleece
- ☺ Clothes adapted to the season
- ☺ Baby bibs, bath towel
- ☺ Travel sets for personal toilet (products of exchange and layers supplied within the limits of 8 in 10 layers by 24 hours during the stay in the maternity, to plan to your exit)
- ☺ Rectal thermometer with a flexible spout and bath thermometer for back home
- ☺ For baby's exit by car, car seat "back in the road" (mandatory for any route)

Some practical information :

- ✓ It's better to come to delivery room with only the immediate necessity for the baby and for the mom in a small bag. The rest of the voluminous luggage for the stay will be returned only once in the room of your stay.
- ✓ For the respect for hygiene regulations and for your comfort, it's better to take a shower before your arrival in delivery room.
- ✓ In delivery room, **one and the same accompanying person is authorized** from the beginning to the end by the childbirth. **The visits are not authorized in delivery room.**
- ✓ The visits are possible only in the service from 1 pm till 8 pm. **The children under age 15 are forbidden.**
- ✓ The stay lasts 2 in 6 days on average. The day of the exit will be indicated by the team and will be made the morning before noon. It is possible to you to leave prematurely with midwives' visits at home, according to medical opinion.