

Advance Preparations

- Fix baby's car-seat
- Sufficient petrol in car

Some Signs of True Labour

- Contractions occurring regularly (~ every 15 minutes apart, lasting ~ 1 minute)
- Contractions getting longer, stronger & closer together
- Walking around or changing positions does not make contractions go away
- Pain in lower back, as opposed to lower abdomen
- Feel the need to empty bowels
- Passing fluid which does not seem to be urine (ruptured membranes)

Important Contacts

- Family

| | |
|------------------|--|
| Partner's Mobile | |
| Partner's Office | |
| Parents | |
| Parents-in-laws | |

- Hospital

| | |
|-------------------------|--|
| Hospital's General Line | |
| Ambulance | |
| For EMERGENCY Only | |
| Labour & Delivery | |
| Ob-gyn | |

- Confinement services

| | |
|------------------|--|
| Confinement Lady | |
| Confinement Food | |

Mummy's Bag (Just Before Leaving House)

- Handbag (wallet & handphone)
- Supplements (tablet box from fridge)

Mummy's Bag (Labour Ward)

- Identity Card / Passport
- Admission letter
- Maternity notes given by ob-gyn
- Birth plan
- Nightdress or large T-shirt (to be soiled)
- Socks
- Toiletries (for face, teeth, body & hair)
- Face towel
- Bath towel
- Tissue paper
- Hair band
- Lip moisturiser
- Pillows x 2 (old covers)
- 2 tennis balls in socks for massage / Massage oil
- Favourite snacks
- Drinks: bottled water / packet fruit juice
- Music / magazine
- Pre-natal class notes / pregnancy guide book
- Camera (fully charged battery)

Mummy's Bag (Post-Natal Ward)

- Nightdress (front-opening for breastfeeding)
- Large T-shirts
- Sarong
- Underwear (disposable & sanitary types)
- Sanitary pads (super-absorbent, 2 packs)
- "Ring" pillow to sit on, in case of painful stitches
- Nursing bras
- Breast pads
- Stretch mark cream
- Slippers
- Going home clothes
- Handphone charger
- Extra fabric / plastic bags for soiled items

Baby's Bag

- Bodysuits x 4
- Sleepsuits x 2
- Mittens & booties
- Cotton wool balls
- Diapers (newborn size x 1 pack)
- Nappy cream
- Face cloths
- Muslin cloths
- Swaddle
- Storybook

Daddy / Birth Partner's Bag

- Clothes (day-time)
- Clothes (night-time)
- Underwear
- Toiletries (for face, teeth, body & hair)
- Bath towel
- Magazines
- Handphone charger
- Camera charger & extra battery
- Laptop & charger
- Extra fabric / plastic bags for soiled items

More Resources

Mummy's Reviews™

Parents Club

Where Smart Yet Busy Parents Connect

To receive parenting tips, product reviews, giveaways and discount codes, join **Mummy's Reviews™ Parents Club** by visiting <http://www.MummysReviews.com>.

You may contact me at MieVee@MummysReviews.com.

Happy parenting and keep in touch!

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MummysReviews.com: Reviews & Tips for Smart Parents

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