

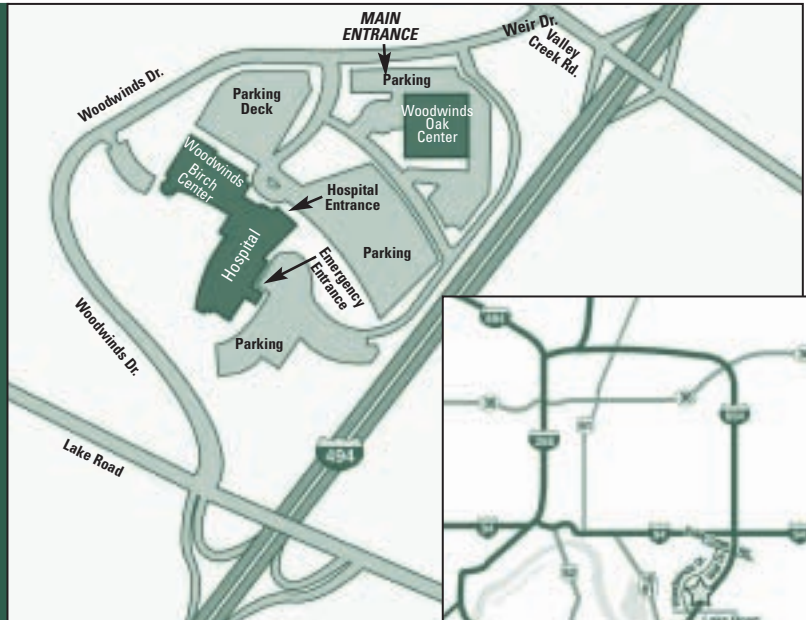
# Where to go and what to bring

## Where to go

When the time comes to give birth to your baby, please use the **EMERGENCY CARE CENTER** entrance (see map). You will be greeted by a member of the Woodwinds staff and escorted to your room in the Maternity Care Center.

**Maternity Care**  
**651-232-0022**

**Emergency Care**  
**651-232-0348**



## What to bring

While preparing for your trip to the Maternity Care Center at Woodwinds, use this sheet as a check list of things to bring.

### Labor Bag (for you)

- Anything that will help you feel more comfortable.
- Focal point to aid concentration (a picture, plant, stuffed toy)
- Lip gloss, balm or petroleum jelly
- Sour suckers for dry mouth and throat
- Cards, games or books
- Cassette or CD player and music
- Robe, socks and slippers
- A favorite pillow (optional)
- Toothbrush, toothpaste and other personal grooming items

### For Labor Support

- Lotion for back rubs and massage
- Paint roller, rolling pin or tennis ball for applying back pressure
- Notebook with pen to record observations
- Camera, video and /or tape recorder
- List of phone numbers to call with the news!

### Suitcase (for you)

- Nightgowns (if breastfeeding, nursing gowns)
- If not breastfeeding, a good support bra
- Hair dryer
- Comb, brush, shampoo, toilet articles
- Going-home clothes that fit when you were about five months pregnant

### If Breastfeeding

- Two nursing bras
- Breast shells, if you used them during pregnancy to correct inverted nipples

### For Labor Support Person

- Pajamas, robe and toilet articles for long labor and/or staying overnight after the birth
- Money for meals in the Northeast Crossings Café
- Food and beverages from home (store in Maternity Care refrigerator)
- Toothbrush and toothpaste

### For baby

- Baby book
- Car seat (know how to install in your car)
- Going home clothes: undershirt, sleeper, cap, sweater, blanket and in the winter, snowsuit