

... for your baby

You only need these things for the way home. During your stay in hospital, your newborn baby will receive clothes and nappies from the hospital.

- Bodysuit
- Romper suit
- Coat
- Hat
- Baby blanket
- Baby car seat
- Baby carrier or sling

... to register the birth in the registry office

- Birth certificate of the (expectant) mother
- Valid identity card (alternatively: passport or other recognised identity document)
- Family register or marriage certificate

For unmarried mothers:
Acknowledgement of paternity and declaration of custody, if available.
(Can be applied for in advance at the Youth Welfare Office).



**WHAT SHOULD I
PACK FOR
LABOUR AND
DELIVERY IN
HOSPITAL?**



Documents and other important things

- Pregnancy record
- Health insurance card
- Mobile phone (and charging cable)
- Pen and paper
- Important addresses and telephone numbers
- Some change (valuables such as money and jewellery are better left at home)
- Possibly a gift for “big” brothers or sisters

... for yourself

- Comfortable nightgown or longer T-shirt for the birth
- Nightgowns or pyjamas
- Comfortable daywear
- Cotton underwear (suitable for sanitary towels/pads)
- Thick socks
- Slippers
- Shower and hygiene products
- Lip balm/Nose spray
- Towels
- Flannels

... if you plan to breastfeed

- Nursing bra
- Nursing pads
- Nursing tops
- Please do not use perfume

... for your birth partner

- Something to eat and drink
- Mobile phone
- Love, tenderness and patience

Imprint:

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