

## Newborn Hospital Lists

Are you expecting a baby with CHD or preparing for your child's upcoming catheterization or heart surgery? We've gathered helpful lists from our community of families to assist you in preparing for your hospital stay.

### For Baby

- 1-2 cute blankets for pictures... leave the rest at home and just use the ones the hospital will provide. You will probably leave the hospital with at least 5 new blankets that people bring as gifts/bingo prizes (all the babies get Bingo prizes on Wednesday!)
- Cute socks or baby legs.... the hospital has the generic pink ones and those are fine, but if you want a touch of being able to dress your baby, this is the way to go. Baby legs are easier since he/she will have IV's in her feet some of the time and you can slide the baby legs over those. They also keep socks on her hands much of the time so they don't yank out the breathing tube or feeding tube, so there is always a use for cute socks.
- 1-2 outfits (preferably with snaps) ... they want them to be naked in a blanket for the most part so they can keep an eye on the chest incision.
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- You can borrow a variety of toys from the volunteers... They have lots of black and white things to look at which is really interesting for newborns, or the little teether type rings that clip together, just ask your nurse to help you find some visual stimulation things. If you have a favorite toy from home for them (maybe a gift from siblings to the baby that way they will see it next to the baby in pictures) bring it since they will let you keep whatever you want in her little isolette.
- A nail file/emery board. The nurses are not allowed to clip babies fingernails.
- Baby Lotion. PCMC does not have yummy smelling baby lotion.... They use some generic sterile smelling stuff. Babies should smell like sweet babies, so bring your own and you can just label it.
- A noise machine or soothing CD's (we love Paul Cardall since he is an incredible adult CHD survivor). The hospital has lots of the sound spa things, but some of them don't work very well. You can borrow CD players and just label your cd's and put them on repeat. Soothing music was one of the few things that can sometimes bring down blood pressure and since the CICU is often a noisy place with lots of beeping machines, soft music and white noise were great.

- Make a cute name card to put at the base of her bed. Use BIG letters so the medical team can read the name when they walk by... keep it around 4in tall x 8-10 in wide. You could also print a few family photos or make a photo collage with family pictures and your contact info, laminate it, hole punch it, and tie it to her crib so that her nurses will be able to read a little about your family and recognize you when you get there. This way, your phone number will also be attached to her bed if her nurse needs to contact you and someone else is writing in her chart.
- Car seat and base... before your baby gets to come home, he/she will have to do a car seat test. They will buckle them into the car seat for an hour and monitor O2 sats to make sure they are breathing well. Just keep the seat in your car so it is ready when you need it.
- Put your name on everything you bring to the hospital so it doesn't get lost - clothing, CD's, DVD's, camera....everything. You often shuffle to different rooms within the hospital so it's easy to lose things if they don't have your name on it.

### **For Mom and Dad**

Pack as if you are staying a month and then hope it is less time. I would recommend a big suitcase with long term stuff and a smaller bag that you can pack a few days worth of stuff in for when you sleep/shower at the hospital.

- Comfy pajama pants and sweatshirts.... most CICU parents roam the halls in PJ's and it is not a big deal. For the first week after having him/her, you will probably be bleeding a ton (the stress makes it all worse!). Be sure you have clothes you can just be comfy to hang out around her bedside all day in... you can get more stylish later!
- Transition wear.... You will probably still wear your maternity pants after the baby is born for a few weeks, but as your body recovers you will need some pants that wouldn't fall down.
- Nursing bras/garments. They have private pump rooms on every floor, but it is definitely a faster process if your clothes are conducive to it.
- Pads for post-partum bleeding. You will probably be there longer than the supply from the hospital will last.
- Layers... the hospital is ridiculous on temperature control. In the summer, sometimes it is roasting hot (which the babies love) and alternately freezing cold when the AC is on.
- Digital camera/video camera. You will be stressed and not think about it, so make a mental note now to take pictures of her EVERY day...even the bad post surgery days so that you can look back a few days later and realize that your baby looks better and is improving. Don't forget the charging/camera cords/batteries. If you do lose one, the

Parent Resource Center on the 3rd floor has all kinds of cables you can borrow, as well as a computer lab with a secure connection so you can log on to bank accounts and pay bills, etc.

- Laptop if you have one. Sitting by the bedside all day can be really long. Books and magazines are great to read while pumping, but can be hard to focus on by the bedside. A laptop is great to watch movies, blog, look up medical terms, etc. It is nice for surgery days too to keep you distracted.
- Pocket tissue packs- you can never find a box of kleenex in the hospital when you need a good cry. The pump rooms are usually well equipped if you run out.
- Crystal Light water bottle packets... not necessary, but very nice. You will get water mugs from the U hospital and it is really easy to forget to drink enough under the stress to keep a good pumping milk supply. Using flavor packets is a good way to change it up from the basic water (and the hospital has the really yummy ice pellets) and it really helps to drink enough.
- Chapstick, an extra toothbrush (one to leave in a little personal items bag at the hospital...some days we would be there all day and my teeth felt nasty!), headache medicine/pain reliever (you will have your IB Profin 800 prescription from just having a baby, but it's not a bad idea to take a bottle with both Tylenol and Motrin in smaller doses.
- Blank Notecards (nice for writing a quick thank you or a sympathy note to a family you may meet) and stamps... mail the thank you's right as you write them.
- Snacks... stock up at the store before she is born. There will be plenty of days when you just don't have time to get away easily for a meal, so granola bars, crackers, fruit snacks, etc. became meals.
- Hand sanitizer. You will use the hospital stuff all the time, but when you are out in public, you will find yourself sanitizing after touching everything just to protect you and your baby!