



## WHAT TO PACK FOR YOUR TBC BIRTH

We suggest collecting these items by the time you are at full term or 37 weeks pregnant.

### PLEASE BE SURE TO BRING

☞ Prenatal records your midwives may give you to carry in a binder or folder

☞ Infant car seat

☞ Weather-appropriate clothes for your baby to wear home, including baby hat and blankets. Consider clothing that is safely worn under the harness of your infant car seat.

☞ Comfortable clothes to wear in labour or afterwards, including underwear. Consider a robe or dressing gown.

☞ Comfortable clothes to wear going home. Consider a nursing bra and/or nursing pads and slip-on footwear.

☞ Ontario Health Card or other form of ID



*Please speak to your midwife for help in getting these items.*

### INTERESTED IN A TOUR?

Contact Us

Phone: 416-366-8080 x 101

Web: [www.torontobirthcentre.ca](http://www.torontobirthcentre.ca)

525 Dundas Street East

Toronto, Ontario

M5A 2B6



## FOOD AND DRINK DURING YOUR TBC STAY

TBC supplies snacks and drinks for labouring clients only. Please bring snacks for your support people and/or family.

TBC provides coffee, teas, milk, cream and sugar for all support people and midwives. We encourage you and/or your family to use our fully equipped kitchen to prepare any food you wish to bring from home. Take-out menus are available.



## FEEDING YOUR BABY AT TBC

Newborns need to feed soon after birth and frequently for the first months of life. At TBC, we support parents making informed decisions about infant feeding, and are working towards designation as a Baby-Friendly organization.

If you are planning to feed your baby artificial baby milk (formula), please discuss with your midwives what supplies you should plan to bring to the TBC.

## CULTURAL PRACTICES AND RESOURCES AT TBC



We stock a cabinet of Indigenous sacred medicines and tools available in the east family space. Indigenous families may access these through their midwife or the Birth Centre Aide.



We encourage all families to bring the sacred items or tools they may need to incorporate their own cultural practices in the ceremony of birth.

## TBC SUPPLIES THE FOLLOWING WITH YOUR COMFORT IN MIND

### Birth Supports:

- Stability, or “birth” ball in each room
- Birth stools
- Birth tubs and showers
- Floor mats
- Birth slings and Rebozos
- TENS unit (nerve stimulation)
- Nitrous oxide (laughing gas)

### Other supplies and comforts:

- Free underground parking for midwife and labouring client vehicles
- Rubber slippers for support people
- Portable Bluetooth speakers
- Ice machine
- Gowns for clients to wear if needed
- Comfortable waiting area with Netflix, books, blankets, fireplace and children’s toys
- Breast-/chest-feeding pillows
- Choice of disposable or cloth diaper for your baby to go home in.



## OPTIONAL COMFORT ITEMS TO CONSIDER

- ☾ Vomit basin or bag, blanket and/or towel for the car ride
- ☾ Toiletries (toothbrush/toothpaste, hairbrush, shampoo, conditioner, soap, hair ties/elastics)
- ☾ Charger for your phone
- ☾ Camera or phone for taking pictures
- ☾ Unscented massage oil or lotion
- ☾ Diaper cream or oil for baby
- ☾ Lip balm
- ☾ Chewing gum or candy
- ☾ Socks and non-slip slippers
- ☾ Microwavable warming bean bags
- ☾ Essential oils if you plan to use them
- ☾ Music source to use with our Bluetooth speakers (can plug into headphone jack as well)
- ☾ A comfortable pillow with a patterned or coloured case (to avoid mixing it up with TBC pillows)
- ☾ Eye glasses and contacts (case and solution)
- ☾ Bathing suit for anyone who may want to get into the tub or shower with you