

Keystone  
**Women's Care**  
a service of Keystone Health

March 2021

Dear KWC Childbirth Education Class participant:

With COVID-19 precautions still in effect, we wanted to provide you with these alternate options for the valuable information you would have received during our in-office class. Please also refer to your weekly prenatal emails.

The following links are reputable sites that provide information/education similar to what you would have received in our classes.

<https://get.pampers.com/en-us/childbirth-full-series>

A password is required to enter the site. There are several short videos, each specific to a particular aspect of pregnancy and childbirth.

You Tube – TMC Healthcare Childbirth Class Video 1 and Video 2

Set in a classroom similar to our in-office class; includes information about changes to the pregnant body, the normal process of labor, and pain management options.

We recognize that information specific to our local hospital will not be included, so we encourage your questions. This can be done at your prenatal visit OR by leaving a message with the prenatal nurses by calling (717) 709-7990. Choose option 4 then option 1.

Attached is information about reaching our office when you think you are in labor and a suggested packing list. Because the visiting guidelines at The Chambersburg Hospital are subject to frequent changes, please visit MyWellspan.org. The Visitor Guidelines are located under the yellow "Families and PATIENTS" tab.

We hope you find these resources helpful as you prepare to welcome your baby.

The Keystone Women's Care Team

*Leading the way to a healthier community*

If you think you are in labor-

*During regular office hours*

Call the office at  
(717) 709-7990 option 4 then option 2  
to speak with a prenatal nurse.

*After hours*

Our call service is available.

Call the office at (717) 709-7990.

A representative will take your name, date of  
birth and call back number.

The on-call provider will return your call.



## What to Pack

When the time to deliver comes, you do not want to be rushing around packing.

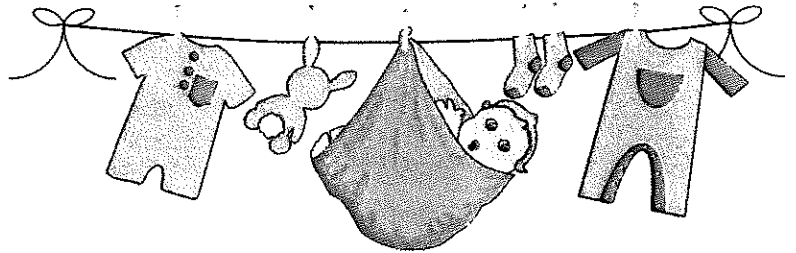
### Hospital Bag for Mom

- Comfortable clothing / pajamas
- Bra / nursing bra
- Underwear
- Bathrobe
- Socks
- Slippers and/or flip-flops
- Your favorite pillow
- Lip balm/ chap stick
- Eye glasses or contacts
- Toiletries
- Body lotion or massage oil
- Hair accessories (hair tie/band)
- Hair dryer
- Digital devices and chargers



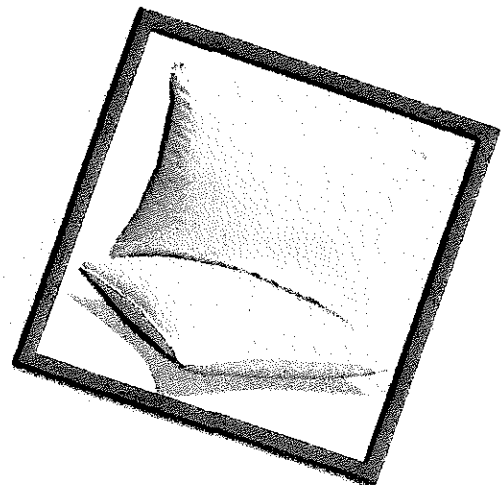
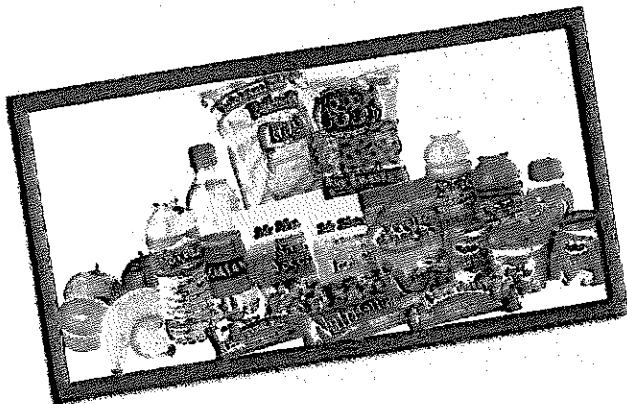
## Supplies for Baby

- Infant car seat
- Newborn outfit(s)
  - For pictures
  - For going home
- Receiving blanket
- Socks for baby



## Supplies for Support Person

- Snacks and drinks
- Money for vending machine/cafeteria
- Phone/camera plus chargers and batteries
- Clothes and pajamas
- Toiletries
- Glasses or contact lenses
- Favorite pillow
- Entertainment - books, electronic device, etc.



For information on how to use these labels, please contact us at 1-800-4-A-TOY or 1-800-4-A-TOYS.

# Packing for the hospital

As the "birth day" of your baby approaches, it's a good idea to pack the items that will make your birth experience easier, more comfortable and more meaningful. These items should be packed and ready to go about two weeks before your due date.

## For mom

- Two bed pillows with favorite cases
- Lotion/oil for massages
- Warm socks
- Lip balm for moisture
- Paper fan
- Picture or item for focal point
- Back massager
- Warm pack or rice sock
- Nightgown(s) that open in the front for nursing/robe/slippers
- Panties/nursing bras/nursing pads
- Toothbrush/toothpaste/mouthwash
- Hair care items/cosmetics
- Comfortable, loose-fitting clothes to wear home

## For partner

- Insurance information
- Snacks for labor
- Swimsuit to wear in shower
- Change of clothes/toiletries
- Phone numbers of friends/relatives (see below)
- Change or phone card

This Guide

## For baby

- Undershirt/sleeper
- Going home clothes/receiving blanket
- Sweater/cap/extra blanket if needed for cold weather
- Infant car seat, correctly installed
- Baby wipes

## Other

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## Items to make birth a celebration

- Potpourri to scent room
- Music tapes or CDs and player
- Camera and film

## Announcing baby's arrival

Relatives and friends to call . . . . . Telephone number

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## Preparing a Birthing Plan

While you can't predict everything that will arise during labor and delivery, a birthing plan can help you think through your many options.

Designed to enhance your comfort and sense of well-being, a birthing plan allows you to make intentional, thoughtful decisions about many birth-related topics, including the hospital environment, stages of labor, medical options, and the immediate care of your newborn.

You can use the tool at [Pampers.com/bplan](http://Pampers.com/bplan) to create your own personalized birthing plan. Then share your plan with your labor support partner, health care provider, and the hospital staff to ensure that your preferences are understood.