



Keystone
Women's Care
a service of Keystone Health

January 2022

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

Empowered, Educated,
Equipped...
Ready to Embrace
Motherhood



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830 Fifth Avenue, Suite 202
Chambersburg, PA
(717) 709-7990

Hospital Packing List

As your due date draws near, it is time to start packing for your hospital stay. Below you will find some suggestions of what you may need.



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.

