



Hospital Check List

*CHERUBS – The Association of Congenital Diaphragmatic Hernia Research, Advocacy and Support
Written 1999, last updated 2007 ~ www.cdhsupport.org*

- ✓ Your CHERUBS Parent Reference Guide
- ✓ Diary or journal.
- ✓ Paper, pens and pencils.
- ✓ Cell phone and charger or extra batteries. Phone card, address book, and change if you don't have a cell phone.
- ✓ Healthy snacks like granola bars and dried fruit.
- ✓ Water bottle and juices- especially for those moms that are planning to breastfeed.
- ✓ Tylenol or other non-aspirin, other-the-counter pain killers.
- ✓ Camera with extra batteries and film or memory chip.
- ✓ Books and magazines for you.
- ✓ Children's books to read your baby.
- ✓ Cassette tapes of you singing or reading that the nurses can play for the baby when you're not there.
- ✓ Extra change of clothes for emergencies.
- ✓ Personal items such as makeup, hairbrush and hygiene products (don't forget nursing pads and sanitary pads).
- ✓ Cassette tapes of parents and family members singing or reading to the baby.
- ✓ Stuffed animal or toy for the baby (check hospital rules first).
- ✓ Portable breast pump if you plan to nurse (ask the hospital if they supply pumps).
- ✓ Calculator to help translate the medical measurements.
- ✓ A pillow to sit on if you had an episiotomy or trouble sitting after giving birth.
- ✓ An outfit for the baby (keep at the hospital with the baby if possible, to come home in or for photos or just in case you have to say good-bye).
- ✓ List of photo poses for hospital photos, contact info for a local photographer willing to take photos in the hospital (you can find one through the organization "Now I Lay Me Down To Sleep" at nilmdts.org)
- ✓ Index cards or business cards with your blog address on them so family and friends can keep up that way and you aren't constantly writing it down and giving it out. CHERUBS has free blogs for members on our site. Or you can give out contact info for a person you designate to be the information point so that you can spend more time with your baby and less time on the phone with everyone.
- ✓ Have a bag packed for Dad with everything he will need before hand. Dad is the one who will doing the most and will not be able to think too clear. Make sure he has all he needs to keep him cool and able to help out with a cool head. Make sure he has snacks in his bag.

Suggestions made by Freedom Green, Theresa Wellman, Dawn Torrence, Karen, Amy Rademaker, Karen Fuss