



Checklist of Purchases

Things to take for admission

Identity cards for both husband and wife
Letter from Gynae
Booking Slip for admission
Camera

For The Mother

3 night dresses, preferably with buttons in front for breast-feeding
1 set dress for going home
1 pair of bedroom slippers
3 nursing brassiere
3 boxes (4 pieces inside each box) disposable maternity panties
1 box of maternity sanitary pad
1 pc sanitary belt for maternity pad (string use in tying pajamas)
1 box of tissues
1 bag of toiletries (toothbrush, toothpaste, comb etc)
 use warm water for washing up.
1 face towel (for general wiping)

For the Baby

3 Blouses/shirts
3 pairs of mittens and booties
3 wrapping blankets
1 pack of disposable diapers (Pampers New-born recommended)
1 box of wet tissue
5 handkerchiefs



Checklist of purchase for mom-to-be

Baby bathing

Wipes
Baby bath tub
Bath mat
Bath towel
Bath sponge
Baby soap/ bath lotion
Baby shampoo
Baby vest
Disposable diapers
Baby blanket
Cotton diapers
Cotton buds
Sterile thermoplastic tray with swabs & swabsticks
Polythene bag for soiled diapers
Baby oil
Baby changing mat

Baby's Room

Baby's Cot

- Wind-up mobiles/ Merry-go-round
- Mattress
- Blanket
- Bumper
- Cot sheets
- Mattress protector

Changing table (optional)

Cupboard or Chest of Drawers

Clothes

- Pacifiers
- Mittens
- Booties
- Nappy (Can use to wrap baby)

- Nappy liners (1 box of 100 pieces is enough. Can be re-used)
- Cotton buds
- Blouse/shirts - long and short sleeves
- Suits - pants and long shirts
- Handkerchief
- Safety pins
- Face towels

A basket full of diaper/cotton balls etc.

Nail clippers

Cream to prevent nappy rash

Oil for wind

Ziplock bags for checkups and outings. Use to store soiled pampers or nappies.

Woodward's Gripe Water



食
康乐

A Blessing from
SHL CONFINMENT CARES