

# Labor Bag Suggestions

## Unified Premier Women's Care

Mom	√	Baby	√	Family/Support	√
Toothbrush		Car Seat		Snacks	
Toothpaste		Outfits		Change of clothes	
Hairbrush		Stuffed Animal		Toiletries	
Two Pillows/Blanket		Hospital Picture Props		Change for vending	
Headphones for music					
Phone Charger					
Cards/ Magazine/ Book					
Slippers					
Socks					
Lotion					
Deodorant					
Chap stick					
Shampoo/Conditioner					
Sour Lollipops					
Rick Sock (Hospital will provide)					
Water bottle with straw					
Two piece pajamas					
Maxi pads					
Robe					
Outfit to wear home					
Flip flops for shower					

Car seat safety: Before you go to the hospital, make sure your car seat is properly installed in your car. Visit the link below for more information.

<http://www.safekidscobbcounty.org/index.html>