

SUGGESTIONS FOR YOUR LABOR "GOODIE" BAG

- still camera and/or video camera (no tripods please)
- extra film
- list of family and friends with their phone numbers
- phone card
- a magazine or book to read
- a game or needle craft
- there is a VCR in each birthing room, you may want to bring a favorite movie or baby tape of your other child or children if applicable
- snacks for dad
- hard candy or mints for mom (we will provide popsicles)
- socks (no other clothing is needed while in the birthing room)
- hairbrush and hair tie
- chapstick
- glasses or contact case, if applicable
- toothbrush and toothpaste

We want to thank you and your family for choosing Family Ties Birthing Center and the Coliseum Medical Center. We want to make your stay as enjoyable as possible, so feel free to call and ask any questions, or make suggestions. We look forward to seeing you soon.