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# ALL DECISIONS BIG AND SMALL

Before you know it, Baby will make three!  
So, the sooner you tick these checklists off,  
the better prepared you'll be for your little one.

BY DEBORAH LIN

## DELIVERY MATTERS

### PLACE OF DELIVERY

- ☐ Private or public hospital?
- ☐ Can hubby stay overnight?
- ☐ Do you want medical students present during labour and delivery?
- ☐ In case the delivery suites are full, what is the next best room available?

### BIRTH PLAN

- ☐ Vaginal, caesarean or birthing pool?
- ☐ Pain relief options (such as laughing gas or an epidural)?
- ☐ Positions that help you to cope with contractions, such as kneeling, sitting astride a chair or going on all fours?
- ☐ Do you want to induce labour if it takes too long?
- ☐ Can you or your partner see the birth (through mirrors or during a C-section)?
- ☐ Do you want to hold or breastfeed your baby immediately after birth?
- ☐ Does Dad want to cut the umbilical cord?





## PACK YOUR HOSPITAL BAG

### ESSENTIAL DOCUMENTS

- ☐ Letter from gynae
- ☐ Hospital admission form
- ☐ Identity cards of Daddy and Mummy
- ☐ Original Marriage Certificate (if you intend to register Baby's name at the hospital. Otherwise, you have 42 days to do so at ICA)

### FOR MUMMY

(Some may be available at the hospital.)

- ☐ Pack of maternity or heavy-flow pads
- ☐ Pack of disposable undies
- ☐ Couple of nursing bras
- ☐ Pack of breast pads
- ☐ Nipple cream
- ☐ Nursing robe or pyjamas with front fastening (if you prefer not to wear hospital garb)
- ☐ Toiletries
- ☐ Cosmetics
- ☐ Slippers
- ☐ Socks
- ☐ Breast pump to help with lactation
- ☐ Nursing pillow (especially helpful after a C-section)
- ☐ Mobile charger
- ☐ A set of clothing for when it's time to head home!

### FOR DADDY

- ☐ Mobile, camera and/or camcorder with full batteries (don't forget the chargers)
- ☐ Snacks and drinks for sustenance, and cheering Mummy on
- ☐ Books or iPad for pre-delivery entertainment
- ☐ Change of clothes and toiletries (if you're staying overnight)

### FOR BABY

- ☐ Set of clothing for Baby to wear when going home. Onesies are provided by the hospital during his/her stay
- ☐ Set of mittens and booties
- ☐ Swaddle blanket
- ☐ Handkerchiefs
- ☐ Baby cap
- ☐ Newborn diapers (also provided by the hospital and included in the bill)
- ☐ Nursing bib (in case you need to feed Baby on the way home)
- ☐ Rear-facing car seat (mandatory for private cars)

### CORD BLOOD AND PLACENTA

- ☐ Keep, donate or discard the cord blood?

Note: Cord blood contains blood stem cells that are used in treatments of various diseases, including blood disorders and cancers. To find out more, visit [www.scbbs.com.sg](http://www.scbbs.com.sg).

- ☐ Discard the placenta?

Note: Delivered after Baby is born, the placenta is an organ that develops in the uterus during pregnancy. It provides oxygen and nutrients to your growing baby, and eliminates waste from Baby's blood. The Children's Hospital & Research Center Oakland in the US discovered that there are more stem cells in the placenta than cord blood. More research is underway, and extraction of such cells is not available locally yet.

### AFTER DELIVERY

- ☐ Need help with breastfeeding? Breastfeeding Mothers' Support Group ([www.breastfeeding.org.sg](http://www.breastfeeding.org.sg)) is a non-profit organisation run by mums, with a helpline (6339-3558) for those with lactation woes.

- ☐ Hire a confinement nanny to help with your newborn and prepare your meals?

Ask friends with kids for recommendations, or look for a Thomson Medical Centre trained nanny via [www.thomsonbaby.com](http://www.thomsonbaby.com)

- ☐ Have confinement meals delivered daily? Consider options like [www.yeyeahdelights.com](http://www.yeyeahdelights.com).

- ☐ Arrange for post-natal massages at home? Steeped in tradition, these are said to help with tummy toning and detoxing.

- ☐ Plan Baby's first-month celebration?

For a traditional touch (think: ang ku kuehs, red eggs and glutinous rice), get gift packs from [www.singaporemochi.com](http://www.singaporemochi.com).