

labour bag

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| <input type="checkbox"/> Birth Preferences | <input type="checkbox"/> Phone / Tablet (with GentleBirth™ tracks / other labour supports / music playlist) |
| <input type="checkbox"/> Vision Board | <input type="checkbox"/> Sleep Headphones |
| <input type="checkbox"/> Tens Machine | <input type="checkbox"/> Hot / Cold Packs |
| <input type="checkbox"/> Aromatherapy / Massage Oils | <input type="checkbox"/> Lip Balm |
| <input type="checkbox"/> Face Clothes | <input type="checkbox"/> Candles (with Batteries) |
| <input type="checkbox"/> Birth Ball | <input type="checkbox"/> Electric Fan |
| <input type="checkbox"/> Speakers | <input type="checkbox"/> Drinking Straws |
| <input type="checkbox"/> Eye Mask / Sunglasses | |

Tip: Pack all items into separate ziplock bags - it's much easier to find everything this way.

for mum / partner

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| <input type="checkbox"/> Hair Bobbins | <input type="checkbox"/> Clothes for Birth Pool (Sports Bra / Tank Top) |
| <input type="checkbox"/> Snacks / Energy Bars (lots of them!) | <input type="checkbox"/> Warm Socks |
| <input type="checkbox"/> Fruit | <input type="checkbox"/> Towel |
| <input type="checkbox"/> Water / Energy Drinks | <input type="checkbox"/> Coins for Parking Machine |
| <input type="checkbox"/> Medication | <input type="checkbox"/> Camera |
| <input type="checkbox"/> Flip Flops | <input type="checkbox"/> Chargers |
| <input type="checkbox"/> Change of Clothes | |

for baby

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| <input type="checkbox"/> Vest |
| <input type="checkbox"/> Babygro |
| <input type="checkbox"/> Cardigan |
| <input type="checkbox"/> Nappies |

hospital stay - mum

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| <input type="checkbox"/> Pyjamas |
| <input type="checkbox"/> Light Dressing Gown |
| <input type="checkbox"/> Maternity Pads |
| <input type="checkbox"/> Maternity Underwear |
| <input type="checkbox"/> Comfy Clothes (tracksuits / loose tops / hoody) |
| <input type="checkbox"/> Warm Socks |
| <input type="checkbox"/> Slippers |
| <input type="checkbox"/> Toiletries (make up, shower gel, shampoo, conditioner, toothbrush, toothpaste, deodorant) |

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| <input type="checkbox"/> Hairbrush |
| <input type="checkbox"/> Breastfeeding Bra |
| <input type="checkbox"/> Breastfeeding Pads |
| <input type="checkbox"/> Breastfeeding Pillow - useful for feeding or to sit on if you had a tear |
| <input type="checkbox"/> Lansinoh / Multimam Compresses (if using) |
| <input type="checkbox"/> Kindle / Books / Magazines / Tablet |
| <input type="checkbox"/> Chargers for all Devices |
| <input type="checkbox"/> Headphones |

hospital stay - baby

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| <input type="checkbox"/> Vests x 5 |
| <input type="checkbox"/> Babygro x 5 |
| <input type="checkbox"/> Newborn nappies |
| <input type="checkbox"/> Cardigans x 2 |
| <input type="checkbox"/> Baby blanket |
| <input type="checkbox"/> Cotton Wool Balls |

going home

- | | | | | |
|--------------------|-----|--------------------------|------|--------------------------|
| Outfit: | mum | <input type="checkbox"/> | baby | <input type="checkbox"/> |
| Jacket: | mum | <input type="checkbox"/> | baby | <input type="checkbox"/> |
| Car Seat | | | | <input type="checkbox"/> |
| Car Seat Installed | | | | <input type="checkbox"/> |

At *DoulaCare Ireland* we provide you and your family with a premium level of care. We ensure our Doulas are committed to meeting your family's needs. You will feel completely cared for and supported every step of the way, through your pregnancy, birth and early parenting journey.

We offer:

- **Birth Doula Services:** Your doula will support you and your birth partner throughout your pregnancy and labour.
- **Postpartum Doula Services:** Your doula will support you and your family as you adjust to life with a newborn.
- **Antenatal Courses:** GentleBirth™ & Cuidiú Birth Preparation Courses
- **Birth preference consultations:** Private consultation to prepare and learn about policies, options and informed decision making.
- **Breastfeeding Preparation Classes:** Group & Private courses available. Gain knowledge and skills to set yourself up for success.

Birth Doulas

The evidence* shows that when supported by a doula, women are:

- more likely to have shorter labours
- more likely to have a spontaneous vaginal birth
- less likely to need pain medication
- less likely to have a caesarean birth
- less likely to have an instrumental birth

* Cochrane Review, July 2017

'If a doula were a drug it would be unethical not to use it.' - John H Kennell

PostPartum Doulas

The evidence shows that when supported by a doula, women had:

- Superior outcomes adjusting to parenthood
- Lower incidences of PND
- Better breastfeeding outcomes
- Higher levels of self confidence
- Confident & supported partners

In those first six weeks a mother should be waited on, served & nurtured." - Debra Pascali-Bonaro

Supporting your choices, with our skills and experience.

