

TOGETHER FROM THE  
VERY BEGINNING **ANDREASKLINIK**

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**hirslanden**  
AndreasKlinik

**CHECKLIST**  
FOR EXPECTANT PARENTS

Are you expecting a bundle of joy?

**hirslanden-baby.ch**

## FOR THE EXPECTANT MOTHER

- Maternity trousers or skirts
- Blouses
- Sweater/T-shirts
- Maternity tights
- Maternity bra
- Maternity pants
- Maternity pyjamas
- Swimming costume
- Comfortable shoes
- Possibly Babybelt (maternity support belt)
- Breast pads
- V-shaped cushion
- BeSafe (seatbelt for pregnant women)
- Skincare products
- Possibly belly mask (lasting memory of your bump)

## BIRTH AND STAY AT THE CLINIC

- Comfortable clothes
- Bathrobe
- Tracksuit
- T-shirts
- Nightdresses/pyjamas (that button at the front)
- Slippers/socks
- Possibly nursing bra
- Breast pads
- Underwear
- Toiletries and hygiene products
- Official pregnancy booklet and documents for the registry office
- Medical documents and certificates
- Blood group card
- Medication prescribed by your physician (incl. prescribed dosage)
- Diary, addresses and telephone numbers
- Writing utensils
- Reading material
- Camera or video camera

## FOR YOUR BABY

- Bodysuits
- Sleepsuits (4)
- Sets of clothes (3 to 4)
- Jacket
- Socks/tights
- Slippers
- Hat/sun hat
- Snowsuit (in winter)
- Muslin squares
- Cloth nappies or disposable nappies
- Musical box
- Possibly Slumber Bear (to lull your baby to sleep)
- Soft toys
- Baby blanket
- Dummy\*
- Dummy clip\*

## AT HOME

- Bassinet/crib
- Wardrobe
- Changing table
- Changing mat/possible changing mat cover
- Shelves/basket for care products
- Cot/mattress
- Mattress protector (2)
- Fitted sheets (2)
- Pillow cases (4)
- Baby sleeping bag/ZEWI fitted sleeping sheet
- Cot accessories (curtain, bumper, linen)
- Duvet (100 x135 cm)
- V-shaped pillow
- Hot-water bottle with cover
- Mobile
- Play pen
- Mat for on floor
- Babysitter
- Baby monitor

## BABY'S MEALS

- Milk bottle 250 ml\*
- Tea bottle 125 ml\*
- Spare teat\*
- Bottle brush\*
- Electric bottle warmer\*
- Insulated box\*
- Breast pump
- Bib
- Soft spoon
- Steriliser

## BABY CARE

- Bath tub/tummy tub
- Bath stand
- Bath thermometer
- Bathrobe
- Hooded towels (2)
- Top and tail bowl
- Baby scales
- Care products (baby bath, shampoo, body lotion, wipes, etc.)
- Bath box
- Hairbrush
- Nappy bucket
- Thermometer

## OUT AND ABOUT

- Car seat
- Car seat toy
- Pushchair
- Pushchair toy
- Rain cover
- Shopping net
- Mosquito net
- Changing bag
- Lamb's fleece
- Baby blanket
- Small duvet (55x65 cm)
- Travel cot
- Travel cot mattress
- Baby sling

### \*Breastfeeding-friendly clinic

The AndreasKlinik meets the UNICEF guidelines concerning optimum care of mother and child. The items marked with an asterisk (\*) are only used in the clinic if expressly requested by the mother or if breastfeeding is not possible.