

HOSPITAL BAG CHECKLIST **For LABOR PARTNER**

The following is a list that should be considered for your time assisting mom through labor. Remember, to ask mom if she has packed some of the items so that you both don't pack the same things.

- Pillow
- Blanket
- Change of Clothes
- Socks
- Shower Shoes

- Clock w/ a timer
- Mom's Desired "Focus Objects"
- Music
 - Ipod
 - Portable Stereo Device
 - CD's, Tapes, etc
 - Headphones
 - Depending on hospital policy
- Heating Pad
- Rice Pack—see instructions below
- Books/Magazines
- Playing Cards
- Board Games
- Snacks to take to the Hospital
 - Hospital will not provide partner snacks ☹️
- Electronic Device Chargers
 - Cell Phone
 - Lap Top
 - Camera Charger
 - Video Charger
- Important Phone Numbers
- Pound of Patience
- Tender Loving Care 😊

RICE SOCK

The rice sock can be used as a comfort device for mom during labor. Heat the sock in the microwave for one to two minutes, or until desired warmness, place it on mom's pressure points to relieve her.

Items Needed:

- Large Tube Sock
- Whole Grain rice
- Fragrant Oil (optional)
 - Jasmine
 - Lavender
 - Lemon

Directions:

Without oil

1. Take the tube sock and place rice into the sock until the sock is $\frac{3}{4}$ full.
2. Hold the sock by the open end; let the other end of the sock fall towards the ground. The sock will be heavy.
3. Tie a tight knot into the open end.
4. Lie the sock on a flat surface roll it out so that the rice fills the sock evenly.
5. Place in microwave for 1 $\frac{1}{2}$ - 3 minutes, until it reaches the desired warmness.

With Fragrant Oil

1. In a large bowl, combine the rice and four to five drops of desired oil on top of the rice.
2. Stir around rice and oil to evenly distribute.
3. Take the tube sock and place rice into the sock until the sock is $\frac{3}{4}$ full.
4. Hold the sock by the open end; let the other end of the sock fall towards the ground. The sock will be heavy.
5. Tie a tight knot into the open end.
6. Lie the sock on a flat surface roll it out so that the rice fills the sock evenly.
7. Place in microwave for 1 $\frac{1}{2}$ - 3 minutes, until it reaches the desired warmness.