

Worry Free C-Section Tool Kit

By Elizabeth McGee
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<http://www.worry-free-c-section.com>

Welcome To Your C-Section Toolkit

I'm a list maker – I confess! If you're a list maker too I hope you'll find the following set of lists useful.

You may not be compelled to use all of these lists, however use the ones that will help you the most, they'll keep you organized and less stressed for the more enjoyable things ☺

Use them in good health !

Sincerely,

Elizabeth

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♥ The Worry Free C-Section Tool Kit

Please feel free to make copies of each of the lists for yourself.

I do please ask however, that even though these lists are tempting to copy and pass on to friends and family, I ask that you honor the copyright and please sent others to <http://www.worry-free-c-section.com>

Thanks!

About The Forms Included in this package:

♥ 1 – Family Menu Planning

Use this list to help plan meals for your family while you are gone and for when you come home after your c-section.

♥ 2 – Gifts, Cards and Flowers Received

Use this list to keep track of those that visited you in the hospital, and the gifts, cards and flowers you received.

♥ 3 – Child Care Cheat Sheet

Use this list for your spouse to keep track of child events.

♥ 4 – Family To-Do List

Use this list to keep on the “frige” to remind family members of the chores that need to be done and who has volunteered to do them.

♥ 5 – Delivery Details of your new Baby

Leave this list by the phone and have your DH complete it after delivery. This will make it easier for him to provide information when friends and family call about delivery and hospital details.

♥ 6 – Important phone numbers

Before leaving for the hospital complete the names and phone numbers that your family may need such as emergency numbers, babysitters, neighbors, family members, cell phone numbers, etc.

♥ 7 – Pre-Op To Do List

List here all the things you plan to get done before baby is born

♥ 8 – Baby Items checklist

There's a lot of things on this list and you may not need them all, however it's a good checklist to make sure you have everything you could possibly need.

Also keep in mind that your newborn will grow out of infant sizes very quickly so it's a good idea to have the 3-6mos. outfits on hand. Someone told me this early on and it was a big help when my baby was growing faster than I could keep up with.

♥ 9 – Your Birth Plan

Use this birthing plan to discuss and think about your wishes for before, during and after surgery. This will allow for your wishes to be understood by the hospital staff and your doctor.

Keep in mind that you won't be able to control every aspect of your baby's birth but your birthing plan will help ensure most if not all your wishes are met. Remember, however to keep an open mind should things come up that require a deviation from your plan.

Keep your birthing plan to one or two pages at most. If it is longer, it can sometimes put off some of the hospital staff, so keep it as direct and to the point as possible.

♥ 10 – Handy Grocery List

1. Family Menu Planning

	Breakfast	Lunch	Dinner	Snack
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				
Favorite Take Out		Address	Phone No.	
Notes:				

2. Gifts, Cards and Flowers Received

From	Date Received	Description	Sent Thankyou
Notes:			

3. Child Care Cheat Sheet:

School Events/Activities	Date	Time
Appointments	Date	Time
Notes:		

5. Baby's Delivery Details:

Baby's Name:			
Height:	Weight:	Length:	Head Size:
Hair Color:			
Hair Color:		Eye Color:	
Date/Time of Birth:			
Hospital Name:		Phone #:	Room #:
Visiting Hours:			
When Expected Home:			
Notes:			

8. Baby Items Checklist:

Clothes	
5-7 Undershirts	
5-7 Baby Gowns with Pull Ties	
3-4 Lightweight Sleepers	
1-2 Hats	
1-2 Sweaters	
1-2 Sets of baby washcloths & Hooded Towels	
3-4 Dozen Newborn Diapers	
3-4 waterproof pants if using Cloth Diapers	
Diaper Pins if using Cloth Diapers	
5-10 Washable Bibs	
4-6 Pairs of Booties or Socks	
1 Package of cotton diapers for General Use	
3-4 Fitted Crib Sheets	
2 Quilted Waterproof Mattress Pads	
2-6 Waterproof Pads for Diaper Changing	
5-8 Receiving Blankets	
2 Crib Blankets	
1 Crib Comforter	
Feeding	
14 4-8 oz Nursing Bottles if formula feeding	
14 Nipples if Formula Feeding	
1 Set of Bottle brush/nipple Brushes	
Breast Pump if breast feeding	

Furniture	
1 Bassinet or cradle (make sure it's on wheels)	
1 Crib, mattress and Bumper Set	
2 set of bedding sheets for Crib	
1 changing table or changing station	
1 diaper pail	
1 washtub	
1 high chair with safety strap	
Baby walker, play center or playpen	
Crib mobile	
Laundry hamper	
1 rocking chair – this is a ‘must’	
Miscellaneous Items	
1-2 Pacifiers if you choose to use them	
1 infant car seat or convertible infant/toddler seat.	
1 infant carrier	
1 nasal suction bulb (the hospital often gives you one)	
1 cool mist humidifier	
1 thermometer (glass or digital or in the ear type)	
1 stroller	
1 front pack or back pack to carry your baby until he is five to six months old.	
1 diaper bag	
1 diaper bag	
1 nursery monitor or intercom	
1 calibrated spoon , medicine dropper or oral syringe for giving medicine	
Gentle Baby soap	
baby shampoo and lotion	
Q-Tips	

Baby comb & brush	
Baby teething items	
Baby teething gel	
Diaper rash ointment, I liked Desitin	
Antibacterial Wipes	
Baby Tylenol drops or whatever your doctor may recommend	
Safety Items	
Plastic covers for electric outlets	
Safety latches for cabinets	
plastic corner guards for furniture edges	
Gates for stairs and doors and guards for windows if you are above the first floor.	
Nonskid backing for rugs	
Notes:	

9. Birth Plan

	Birthing Options	Yes	No	Don't Care
	Anesthesia:			
1	I'd prefer a spinal block			
2	I prefer an epidural block			
	C-Section Prep			
3	I'd like my urine catheter to be inserted after receiving anesthesia			
4	I'd prefer limited fetal monitoring			
5	I'd like my IV in my: Hand Arm			
	C-Section Procedure			
6	I'd like My DH present during the operation			
7	I would like the screen lowered a bit so I can see my baby being born			
8	I'd like my DH to cut the umbilical cord			
9	The baby given to my partner as soon as he's dried (as long as he's in good health)			
10	I'd like To breastfeed my baby in the recovery room			
11	I would like my arms to be unrestrained			
12	If possible, allow my DH to take photos/videos in the O.R. during/after the birth.			
13	I'd like my baby put on my stomach after being born			
	Care of Baby			
14	The following can be offered to my baby: Formula Sugar water Pacifier Please don't offer anything to my baby without my consent.			
15	I'd like my baby fed: On Schedule On Demand			
16	I'd like: My Baby in recovery with me 24-hour rooming-in with my baby			

	To room-in with me only when I'm awake My Baby Brought to me for feedings only To make my decision later depending on how I'm feeling			
	Additional Considerations (if possible)			
17	I'd like music playing in the operating room			
18	I'd like to wear my own clothes during surgery			
19	I'd like to wear my contact lenses during surgery			
20	I'd like my other children to view baby as soon as possible			
	Circumcision			
21	I do not want to have my baby circumcised. I would like my baby circumcised in the hospital. I would like to have baby's circumcision done after discharge. I would like anesthesia used during circumcision. I would like to be present during circumcision.			
	Additional Requests or Considerations			
Notes:				

***** Be sure to make a copy of your birth plan for your Doctor, the hospital. Keep an extra copy with you and bring it to the hospital.**

Grocery List

<p>Breads</p> <p>Bread Hot-dog Buns Hamburger Buns Bagels English Muffins Bagette</p>	<p>Beverages</p> <p>Apple Juice Bottled Water Chocolate Syrup Coffee Juice Boxes Kool Aid Lemonade Power Drinks Sodas Tea Beer Wine Spirits</p>	<p>Meats</p> <p>Ground Beef Chicken Ground Turkey Veal Beef Roast Steaks Burger Patties Pork Chops Pork Roast Bacon Hot Dogs Sausage Brats Ham Deli meats</p>	<p>Dairy</p> <p>Milk Coffee Creamer Orange Juice Cookie Dough Dinner Roll Dough Butter/Margarine Eggs Yogurt Cheese Sticks Cheese Cream Cheese Sour Cream Cottage Cheese</p>	<p>Paper Products</p> <p>Napkins Paper Towels Toilet Paper Kleenex Paper Plates Paper Cups Food Storage Bags Aluminum Foil Plastic Wrap Wax Paper Trash Bags</p>
<p>Produce</p> <p>Potatoes Mushrooms Onions Lettuce Tomato Carrots Zucchini Broccoli Cauliflower Spinach Bananas Apples Blueberries Grapes Oranges Melon Strawberries Lemon/Lime</p>	<p>Snacks</p> <p>Cookies Crackers Graham Crackers Chips Popcorn</p>	<p>Beauty/Health</p> <p>Suntan Lotion Shampoo Conditioner Deodorant Bath Soap Feminine Supplies Panty hose Make up Toothpaste Mouthwash Lotion Band Aids Antiseptic Cream Medicines Vitamins</p>	<p>Baby Items</p> <p>Baby Food Diapers Baby Wipes Baby shampoo Baby Lotion Bottles Nipples Bottle Brush Formula</p>	<p>Cleaning Products</p> <p>Laundry Detergent Fabric Softener Dishwasher Soap Bleach Disinfectant Cleanser Bathroom Cleaner Wood Polish Air Freshener Mops Brooms Sponges Dusting Cloths</p>
<p>Baking Goods</p> <p>Sugar Flour Pancake Mix Muffin Mix Cake Mix Frosting Mix Brownie Mix Pie Crusts Cookie Mix Marshmallow Jello Pudding Pancake Syrup Honey Chocolate Chips Vanilla Extract Almond Extract Other Extracts</p>	<p>Condiments</p> <p>BBQ Sauce Mustard Mayonnaise Pickles/Relish Ketchup Marinade Salad Dressings Jelly/Jam Peanut Butter Seasoning Packet</p>	<p>Canned Goods</p> <p>Canned Tuna Canned Chicken Spaghetti Sauce Pizza Sauce Tomato Sauce Mushrooms Soups Green Beans Corn Peas Applesauce Fruit Cups Pineapple Peaches Pears Fruit Cocktail Raisins</p>	<p>Pet Needs</p> <p>Dog Food Dog Treats Cat Food Cat Treats Cat Litter</p>	<p>Pastas</p> <p>Spaghetti/Linguini Egg Noodles Mac & Cheese Lasagna Noodles Rice Pasta Side Dishes Rice Side Dishes</p>

Frozen Foods	Bakery	Deli	Other	Misc
Frozen Meats Frozen Veggies Frozen Fruits French Fries Waffles Pancakes Pizza Ice Cream	Donuts Cake Pie Cinnamon Rolls Brownies Cookies	Deli Meats Deli Salads Deli Cheese	Camera Film Gift Cards Flowers Pharmacy	<hr/> <hr/> <hr/>