

Masada Early Parenting Centre

What To Bring For My Stay Checklist

Pack as though you are going away for a week. Washing facilities are not provided.

- ☐ Private Health Insurance details
- ☐ Family/Individual Medicare Card
- ☐ My Health, Learning and Development Record (green book)

For Parent	For Baby
<ul style="list-style-type: none"> <input type="checkbox"/> Casual day clothing and appropriate footwear <input type="checkbox"/> Nightwear, dressing gown, slippers <input type="checkbox"/> Toiletries and hairdryer (if required) <input type="checkbox"/> Current medications <input type="checkbox"/> Items for relaxation/spare time <input type="checkbox"/> Payment for massage (cash or card). Not available on weekends. <input type="checkbox"/> Own pillow/throw rug (optional) <input type="checkbox"/> Pen and notebook <input type="checkbox"/> Water bottle <input type="checkbox"/> Headphones for your personal listening device <input type="checkbox"/> Phone charger <p>Please bring minimum valuables only.</p>	<p>BAG 1</p> <p>Note: Please give bag 1 to staff as you arrive on the unit for admission</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleeping bag (over 4 months) <input type="checkbox"/> Wraps/Love to dream bag (under 4 months) <input type="checkbox"/> night suit/all in one <input type="checkbox"/> Baby bedding – fitted cot sheet, flat sheet, cot blanket (second set in bag 2). <input type="checkbox"/> Parent's T-Shirt (that has been worn) <input type="checkbox"/> Travel pack of wipes <input type="checkbox"/> 2 nappies <input type="checkbox"/> Comforter dummy (if baby uses one), teddy, cot toy etc. <input type="checkbox"/> My Health, Learning and Development Record (green book) <p>BAG 2 and Baby accessories</p> <ul style="list-style-type: none"> <input type="checkbox"/> Baby bedding (second set) – fitted cot sheet, flat sheet, cot blanket <input type="checkbox"/> Clothes, bibs and nappies for the week <input type="checkbox"/> Toiletries – creams, ointments and soaps <input type="checkbox"/> Formula/bottles/feeding cup/feeding spoons <input type="checkbox"/> Baby infant rice cereal/porridge and a microwave bowl. Weetbix will be provided. <input type="checkbox"/> Lunch for your baby on admission day (if required). <input type="checkbox"/> All other meals are provided. <input type="checkbox"/> Pram/stroller <input type="checkbox"/> Rocker <input type="checkbox"/> Expressing equipment if required <input type="checkbox"/> Favourite toys, books or play blanket (for use in your room). The unit has two communal play areas with toys.
<p>For safety reasons please do NOT bring the following to the unit:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Alcohol <input checked="" type="checkbox"/> Coat hangers <input checked="" type="checkbox"/> Cot toys/comforters which: <ul style="list-style-type: none"> - Are made from beans/beads - Have button/glass eyes - Make noise/have lights <p>Suggested comforters are Bear head comforters, muslin squares, and flat bears with soft sewn eyes.</p>	

Masada Private Hospital

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People caring for people.