# A Gift For New Parents

Brought to you by



## Scan to Receive Your Gift from Pampers\*

\*Must be expecting and not received previous sample. Canada only, age of majority. Limit 1. While supplies last.



# You're about to become a great parent!

Congratulations on the little miracle that's about to come into your life!

We want to help you get ready for the big day, so we've asked Canadian neonatal nurses and our expert Pampers team for their most important tips on your journey.

## Don't forget to bring Pampers to the hospital!

Your newborn baby will need on average 6 - 9 changes per day.

Let's help you **get there.** 

Neonatal nurses share these tips most often:

You will be tired. When baby is sleeping, you should be sleeping.

Skin to skin contact with mom or dad is important after delivery.

Caress your baby as much as you can.

Your body may take some time to get back to "normal." After all, it took 9 months for your body to create this tiny miracle.



## **PACK THESE HOSPITAL ESSENTIALS**

- Health card
- Water bottle
- Phone charger
- Pillow
- Hair tie
- At least 3 underwear
- Breastfeeding bra
- Breastfeeding blouse or shirt with buttons

- Pampers Diapers
- Pampers Wipes
- Diaper cream for baby
- Feminine Products
- Slippers
- Download an app to log babies feeding, voiding, & stooling

See complete checklist at the back of this booklet!



recommended of brand.

# We've got your baby's needs covered...







**PURE** 

**SWADDLERS** 

BABY-DRY

	TORE	OWADDLERO	DADI DILI
0% Parabens & Latex (Natural Rubber)	<b>Ø</b>	<b>⊘</b>	<b>⊘</b>
Up to 12 Hours of Overnight Protection	<b>Ø</b>	<b>⊘</b>	<b>Ø</b>
Wetness Indicator	<b>⊘</b>	$\bigcirc$	<b>Ø</b>
Our Best Skin Protection	<b>Ø</b>	<b>⊘</b>	
Extra Softness	<b>⊘</b>	$\checkmark$	
Adorable Prints	<b>Ø</b>	<b>⊘</b>	
Premium Cotton	<b>Ø</b>		
Plant-based Materials*	<b>⊘</b>		
Fragrance-Free			

<sup>\*</sup>Plant-based and polypropylene fiber

# Is your baby wearing the right diaper size?

The **WRONG** diaper SIZE can lead to leaks & blowouts, discomfort and skin irritation.



### **POSITION FASTEN**

The diaper should be iust under the belly button



FIT

The leg cuffs wrap neatly around the baby's bottom without any gaps



### **TIGHTNESS**

When fastened. you can just about run two fingers around the waist





The diaper

straps should

adhere within

the indicators













Find the size on the bottom left corner of the package.



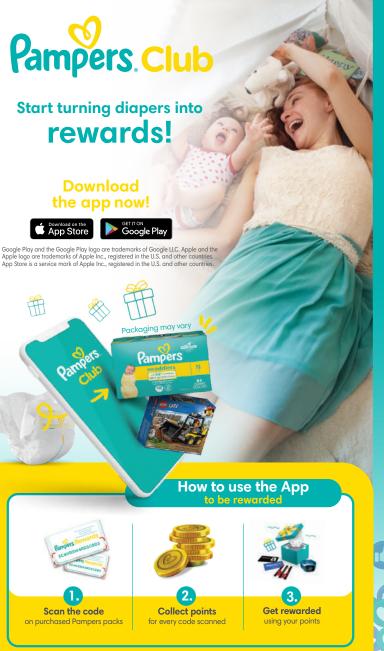
Packaging may vary



**Use diapers and** wipes together\* for healthy skin.



\*Sold separately



# Pampers is **here for you!**

Join us for **fun** and **informational content**, **exclusive offers** and to share your parenting moments using **#PampersCanada**.



@PampersCanada



# Your I-got-this-covered checklist (once baby arrives)

By being totally prepared, you'll make baby's first few days in the world as comfy as only a mommy can. Remember also to pack all your *post-labour* needs for you and baby. Once all the bags are packed, keep them either in the car or by the door, so you'll be ready when baby is.

## For Mom & Baby: Post-Labour

- Pampers Diapers (at least 10)
- Pampers, Wipes
- Breastfeeding blouse or shirt with buttons
- Heavy-duty maternity pads
- Underwear (at least 3)
- Bodysuits for Baby
- Diaper creams for Baby

- Blanket
- Car Seat
- Going Home
  Outfit for Mom
- Going Home
  Outfit for Baby
- Download an app to log babies feeding, voiding, & stooling

## For your birth partner:

As a birth partner you might also want to pack some basic things for your time supporting mom in the hospital.

- Snacks and water and change for hospital vending machines
- Phone, camera and video camera, plus chargers and batteries
- Clothes

- Toiletries
  - Glasses or contact lenses
- Small pillow
- Entertainment books, a tablet, and a music player are all good options



# Kisses, cuddles & everything else you need to bring

You're so ready for the big day, but baby might show up early, so it's smart to have your baby hospital bag packed during month eight of your pregnancy—just in case. This checklist will help you prepare everything you'll need for you and baby.

## For Mom: Labour & Delivery

- Hospital paperwork, ID, and insurance card
- Birth plan
  (if you have one)
- Per
- Bathrobe
- Nightgowns
- Socks
- Underwear (at least 3)
- Clothes
- Slippers and flip-flops
- Hair Tie
- Heavy-duty maternity pads
- Glasses or contact lenses (if you need them)

- Cosmetics and skin care products
- Toiletries
- Lip balm
- Waterbottle
- Body lotion or massage oil
- Water spray and sponge
- Comfortable pillow(s)
- Relaxing entertainment
- Eye mask and earplugs
- Phone charger
- Handouts & reference books
- Snacks and drinks



Get ready for your bundle of joy with Pampers\*