

The birth

Welcome. Here you can find information and practical advice about birth and the first days with your baby.

You can read, download and print these materials for yourself or for the service you work with.



Sistema Socio Sanitario



Regione
Lombardia

ATS Brianza

The "suitcase"

What to bring for childbirth?

Between the **32nd and 34th week**, it is recommended to prepare your hospital bag, so as to be ready even in case of advance.

Having everything organized helps you live **the last days of waiting** more peacefully and focus calmly on the moment of meeting your baby.

But what to bring? Here's a checklist!

Documents

- Identity card
- Health insurance card
- Pregnancy chart with recent tests and ultrasounds

For mom

- 2-3 front opening nightgowns to facilitate breastfeeding
- Robe, socks or comfortable slippers
- Postpartum underwear (preferably disposable)
- Postpartum sanitary pads
- Comfortable clothes for discharge

For the newborn

- Bodysuits and onesies (1-2 complete changes per day)
- Diapers (sometimes provided by the hospital, but it can be useful to bring a small supply)
- A light hat
- A blanket for the crib

Personal objects

- Phone charger
- Personal hygiene products
- Snacks and comfort food for your hospital stay



breastfeeding

A path that is built. Breastfeeding can be beneficial for both mother and baby. It is not always easy at the beginning. It may require time, patience and help.

For the baby

- complete and easy-to-digest milk
- supports immune defenses
- can reduce the risk of infections
- supports growth and development
- contact during feeding helps calm and security

Per la mamma

- aiuta il corpo dopo il parto
- può ridurre il rischio di emorragie nel post-partum
- favorisce vicinanza e relazione con il bambino
- nel tempo, può avere benefici per la salute

Small attentions

During breastfeeding:

- no alcohol
- no smoking
- fewer screens during feeding
- simple and varied diet

If there are difficults

Asking for help is normal. It is possible to contact:

- midwife
- family counseling center
- pediatrician
- local free services

Ask the services



EVERY EXPERIENCE COUNTS

Not all women can or wish to breastfeed.

When breastfeeding is not possible or not chosen, together with professionals it is possible to find the most suitable solution. **The well-being of mother and baby remains central.**

10 things no one tells you about breastfeeding

- *1 It does not always start right away.**
Sometimes yes. Sometimes no. And it does not mean something is being done wrong.
- *2 "It's natural" does not mean "it's automatic".**
Even natural things are learned. With attempts, adjustments and a bit of patience.
- *3 Breastfeeding can be beautiful... and also tiring.**
Both things can exist together.
- *4 The first days can feel like a full-time job.**
Because, in fact, they kind of are.
- *5 The baby does not come with an instruction manual.**
And neither does the breast. Understanding each other takes time.
- *6 Pain is not something to "just endure".**
If it hurts, if something feels off, if there is difficulty: asking for help makes sense.
- *7 Sometimes a team is needed.**
Midwife, counseling center, pediatrician, partner, friend, someone to bring water and cookies.
- *8 Hunger during breastfeeding is real. Very real.**
No, it is not imagination. Yes, snacks matter.
- *9 Screens may seem like company... but sometimes they distract.**
During feeding, fewer screens can mean more eye contact, more rhythm, more presence.
- *10 Every breastfeeding experience is different.**
And when it is not possible, does not work or is not chosen, one thing still matters: the well-being of mother and baby.



Lullaby safe sleep

Small attentions to sleep help reduce the risk of sudden and unexpected events in the first year of life and **protect** the baby. What are they?



Sleep on the back! If the newborn turns over, they should be placed back in the supine position.

A firm and stable sleeping surface, without pillows or soft padding.

Crib free of stuffed toys, bumpers, heavy blankets or soft objects.

Comfortable room temperature, avoiding excessive heat.

In the first months, **room-sharing** can be useful:

The baby sleeps in the same room as the parents, in a separate crib.

Bed-sharing is generally not recommended in the presence of smoking, alcohol or extreme fatigue.



Sistema Socio Sanitario



Regione
Lombardia

ATS Brianza

May 2026

© **2026 ATS Brianza**. Material produced within a non-profit, free-of-charge, public information project, commissioned to **Spazio Giovani Impresa Sociale**, which handled the adaptation, revision, and translation of the content. Document distributed under Creative Commons License CC BY-NC-ND 4.0: consultation, download, and sharing for personal and non-commercial use are permitted, with mandatory attribution and no modifications.

