

# Richmond Hospital Birth Centre **VIRTUAL TOUR**



**In this five-part series you will learn about:**

- Your stay in the Birth Centre
- How we care for you and your family
- Preparing to go home with your baby
- Community resources and programs

**Watch at**

**[www.vch.ca/RHBirthCentre](http://www.vch.ca/RHBirthCentre)**

Available in Mandarin

Brought to you by Richmond Hospital  
Foundation & Shoppers Drug Mart  
Tree of Life campaign

**Vancouver  
CoastalHealth**  
*Promoting wellness. Ensuring care.*

## Things to Bring to the Hospital:

1. Diapers & Baby Wipes
2. CMVSS approved Carseat
3. Baby clothes & Blankets
4. Blankets for Dad
5. Maxi-pads & Underwear
6. Toiletries (i.e.: shampoo, soap, toothpaste & toothbrush)
7. Pillows
8. Phone Charger
9. Non-slip indoor shoes
10. Personal Medications & Supplies
11. Re-usable water bottle

## Useful Websites:

- Baby's Best Chance
- [parenting@vch.ca](mailto:parenting@vch.ca)

For more copies, go online at <http://vch.eduhealth.ca> or email [pchem@vch.ca](mailto:pchem@vch.ca) and quote Catalogue No. **GH.350.B5**  
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