Going Home in Winter

A checklist for the family bringing mum and baby home

The key rule: your baby rides in the infant car seat without a puffy bunting bag, and the bunting bag or a blanket goes over the buckled straps.



DISCHARGE DATE _____

MATERNITY HOSPITAL _____

WHO IS PICKING UP _____

In advance

- [ ] Infant car seat installed rear-facing
- [ ] Fastening practiced at home
- [ ] The bunting bag unzips all the way
- [ ] A blanket for the frost
- [ ] Clothes for mum

Dress your baby

- [ ] Long-sleeve bodysuit
- [ ] Warm sleepsuit
- [ ] Hat
- [ ] Bunting bag on top
- [ ] A blanket over the bunting bag in frost

In the car

- [ ] The car is warmed up
- [ ] Baby in the car seat without the bunting bag
- [ ] Straps tight, no fold to pinch at the shoulder
- [ ] Bunting bag or blanket over the straps
- [ ] Face uncovered
- [ ] Top layer and hat off once it is warm

At home

- [ ] Bunting bag, blanket and hat off
- [ ] Check warmth on the chest or the back of the neck
- [ ] Sleep in a sleeping bag, no hat

Your own items

- [ ] _____
- [ ] _____
- [ ] _____