



SENSORY TOOLKIT

Hospital Edition

ND Birth



Tools to support the sensory experience of labour, birth and the postnatal ward

COMMUNICATE SENSORY NEEDS

It can be helpful to discuss how your healthcare provider can support your sensory needs in advance. An advocate can communicate on your behalf as needed. This might include altered lighting and noise levels where possible.



HOME COMFORTS

Taking things from home to the hospital/birth centre doesn't only provide comfort, but can help to relieve stress and offer smells from a familiar environment. Consider taking pillows, blankets and comfy clothes, fidgets, a book or tablet.



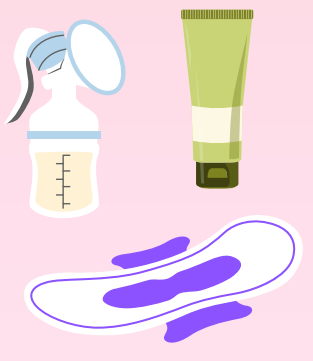
SAFE SNACKS & DRINKS

Food and drinks are very limited on the labour and postnatal wards. Taking safe food and drink options is essential to ensure you'll be fed and stay hydrated, and your sensory needs from eating and drinking will be met. Consider crunchy and chewy options for sensory input.



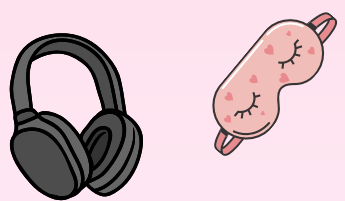
TEST RUN EVERYTHING

It's important to try out any new purchases like breast pads or maternity pads. Wear nursing bras and creams in advance to see if you like them. Consider alternatives like period pants or bamboo materials.



PLANNING FOR SHARED SPACES

You may spend time on a shared ward during parts of labour and most commonly following the birth of your baby. It's helpful to plan for this and consider how best to eliminate any sensory stressors. Consider taking headphones, earplugs and an eye mask.



TIP: you can request a private room as a 'reasonable adjustment' under the UK's Equality Act 2010, if there is one available. Your own space can be more easily managed from a sensory perspective.