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Christy Carlson Romano's Blog: My Daughter Isabella's Birth Story – and How I (Over) Packed for the Hospital

BY CHRISTY CARLSON ROMANO

POSTED ON MARCH 2, 2017 AT 3:30PM EST



Christy Carlson Romano is a new mom!

The actress is best known for her early-2000s Disney Channel work, including her turn as type-A older sibling Ren Stevens on [Even Stevens](#), and for voicing the titular character in the animated series [Kim Possible](#). In 2004, she starred on Broadway as Belle in Disney's [Beauty and the Beast](#).

Romano, 32, married writer-producer [Brendan Rooney](#) in a romantic [winter-wonderland wedding](#) set against the backdrop of the Fairmont Banff Springs in Alberta, Canada, on New Year's Eve 2013. The couple [welcomed their first child](#), daughter [Isabella Victoria](#), on Christmas Eve.

Romano recently starred in [Christmas with the Andersons](#) and [Christmas All Over Again](#) — the latter of which she also directed, and was co-written by Rooney. Christmas All Over Again was released to DVD on Dec. 13.

You can find her on [Instagram](#) and Twitter [@ChristyRomano](#).

It has been quite a wild ride since [bringing our baby girl home](#) from the hospital on Dec. 26. Since I have a moment to breathe while she is down for a nap, I want to take the time to share the story of my experience bringing sweet Isabella [into the world](#).

One of the most important things we did [to prep for the baby](#) was take time to have a babymoon. We made a beautiful and lasting memory at the most fabulous resort called [Terranea](#) here in Los Angeles.

We really got a chance to relax at the resort's beautiful oceanside spa, take hikes around their edible gardens, and dine at an incredible restaurant (can someone say five courses of truffle-themed food?). Looking back, I see just how lucky we were to take that time for our relationship. When you are up to your eyeballs in diapers at 3 a.m., you can reflect [on the moments you shared](#) before the craziness.



Speaking of craziness, I'd like to share my birth story. 'Twas the night before Christmas Eve (so Christmas Eve eve), and Brendan and I ordered from a fancy restaurant and watched a funny Christmas movie knowing (and not knowing) what lay ahead of us.

But before we left for the hospital at 3 a.m., I got a cleaning bug and revved up my [Dyson](#)! It's nerve-racking to think that you will be [coming home with three people](#) instead of just you two. I'm a big believer [in trying to be prepared](#), so of course I over-packed my hospital bags.

I found suggestions from various articles super helpful (and [was gifted several products](#) by the brands!), so I compiled my final list for you here:

Bag 1: Food and Drink

“Laboraid” — 3 cups coconut water, 1 cup water, 2 Tbsp. honey, 1/4 tsp. sea salt bone broth
Snacks — various chips, hummus (good for lactation), sweet and salty things

Bag 2: Personal items

Cushy toilet paper (better than the hospital's)
Phone charger
Extension cord
Speakers — [Sonos](#)
Auxiliary cord
Playlist (Izzy was born to The Rolling Stones' “Wild Horses”)
Ear plugs and mask
“Do Not Disturb” sign
Computer and charger
Pillow
Nursing bras — [Rosie Pope](#)
Nursing tank — [Boob Design](#)
Pretty robe — [Pink Blush](#)
Slippers/comfy socks*
Sneakers
Toiletries and makeup (for pictures after labor)
Facial wipes
Hair straightener/curling iron
Tucks
Perineal bottle*
Extra pads*
[Double pump nursing bra](#)
Nipple cream — [Lansinoh](#)
[Boppy pillow](#)
[Spectra S2 Bling](#) medical-grade pump (in LOVE with this one)