

What do you need?

We recommend that you start preparing for the arrival of your baby around the seventh month of your pregnancy. The Dutch Working Conditions Act stipulates that maternity beds must be at least 80 cm high measured from the floor to the top of the mattress. This should be taken care of before birth begins. Even if you have given birth in a hospital, your bed will also have to be at least 80 cm high. This reduces the physical burden on your maternity nurse.

It is worth knowing that most insurance companies provide a maternity package containing most basic requirements. Ask your insurance company!

Basic Maternity Package

provided by most health insurance companies

- 10 x disposable mats
- 1 x plastic bed sheet
- 2x packs of sterile gauze dressings
- 1x pack of cotton wool pleats (100 g)
- 1x sterile umbilical clamp
- 1x fragrance-free soap in a dispenser
- 1x bottle of cleansing alcohol
- 1x pack of maternity sanitary towels
- 1x pack of maternity sanitary towels (large)
- 2x packs of sanitary towels
- 2x pairs of net underwear

In addition for a home birth you need

- 1x sheet of plastic (2 x 1.5 m)
- in case of power failure: light from a smartphone (or torch)
- 1x measuring jug (for rinsing)
- 1x roll of toilet paper / kitchen roll
- 1x pack of salt (to rinse washing)
- 2x buckets (10 L)
- 2x bin liners
- 1x bedpan
- 1x digital clinical thermometer (no ear thermometer) for the mother

If you give birth in a hospital you also need from the list above:

- 1x measuring jug (for rinsing)
- 1x pack of salt (to rinse washing)
- 1x digital clinical thermometer (no ear thermometer) for the mother

NOT A MUST,
BUT COMFORTABLE FOR
YOUR MATERNITY NURSE:
A TRAY!

*An aerosleep mattress is not necessary. We do not use it in combination with hot-water bottles. More information can be found on veiligheid.nl

**Other fleece products can be too synthetic and might cause your baby to overheat.

For baby

CLOTHES

- 1x jacket
- 2 small hats (wool, cotton or silk)
- 6x bodysuits
- 6x jumpers/trousers or sets
- 2x bath wraps
- socks

CARE

- 1x pack of disposable nappies
- 18 x baby towels
- baby wipes
- 6x face towels (hydrophilic)
- 6x burp cloths
- 1x digital clinical thermometer (no ear thermometer) for the baby
- 1x nappy pail

If you're planning to use cotton nappies, then discuss what you'll need during your personal introduction.

SLEEPING

- 1X crib/cot
- 1x firm mattress 8 cm thick (cold foam polyurethane)
- 3x flannel undersheets
(A waterproof mattress protector is not necessary. It cannot be used in combination with hot-water bottles)
- 3x fitted sheets
- 3x top sheets
- 2x blankets (wool or cotton). Fleece blankets can be used only if they are purchased at a specialized baby store**
- 2x metal seamless hot-water bottles with covers

BATH

- 1x baby bath or tummytub and stand
- 1x hairbrush and comb
- 1x bottle soap-free wash gel or body shampoo
- 1x changing mat and 2 covers

It's possible to use a swaddle, which is an XL cotton nappie/baby towel (120 x 120 cm). The swaddle can be used as a bath wrap, changing mat cover, sheet and baby towel (use 12 cotton nappies and 3 swaddles).

Tip

Wash all the baby articles in advance.

We advise not to use fabric conditioner in order to avoid hypersensitivity reactions.

Bag for Hospital Birth

Although you may be planning to give birth at home, you may unexpectedly have to go to the hospital. Or perhaps you have chosen to give birth in a hospital. It is advised to have a bag ready and packed for yourself from Week 36 on, containing:

- comfortable clothes for the birth
- socks
- toiletry articles
- pyjamas
- bras (nursing bra)
- dressing gown and slippers
- clothes to wear when you go home
- photo or video camera / smart phone
- shoes
- something to eat
- reading matter
- insurance papers
- patient ID card (if you've got one)
- maternity care plan
- a coin for a wheelchair

For the baby

- bodysuits
- one set of baby clothes
- jacket and hat
- approved car seat
- swaddling blankets

