

The layette

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 during the postnatal care period. This reduces the physical burden on your maternity assistant.

It is worth knowing that most insurance companies provide a maternity package containing most basic requirements. Ask your insurance company! You don't have to take the maternity package with you to hospital as it is only intended for home births.

Basic Maternity Package

(provided by most health insurance companies)

- 10 x disposable underpads
- 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 will need

- 1x sheet of plastic (2 x 1.5 m)
- in case of power failure: a torch (or possibly light from a smartphone)
- 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 for the mother

Even if you are giving birth in a hospital you will always need the following at home:

- 1x measuring jug or water bottle (for rinsing)
- 1x pack of salt (to rinse washing)
- 1x digital clinical thermometer for the mother

There's no need to take these three things with you to hospital as they are only used when you return home.

NOT ESSENTIAL BUT CERTAINLY A HANDY THING TO HAVE AROUND FOR YOUR MATERNITY NURSE IS A TRAY!

*An AeroSleep mattress is not essential. We do not use one in combination with hot-water bottles during the postnatal care week. To find out more, visit veiligheid.nl
Mattress protectors are NOT used during the postnatal care period.

**Other fleece products may be too synthetic and will hinder your baby's ability to keep cool

For baby

CLOTHING

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

BABY CARE ITEMS

- 1 pack of disposable nappies
- 18 hydrophilic towels
- baby wipes
- 6x hydrophilic face towels
- 6x burp cloths
- 1x digital clinical thermometer for the baby

If Natural Maternity Care appeals to you, then order your natural maternity package at nalinikraampakket.nl

SLEEP

- 1x crib/cot
- 1x breathable mattress (cold foam or polyurethane)*
- 3x flannel undersheets
- 3x fitted sheets
- 3x top sheets
- 2x blankets (wool or cotton). Fleece blankets can be used only if they have been purchased at a specialist baby store**
(you need two because the hot-water bottle is placed between the blankets, even in summer)
- 2x metal seamless hot-water bottles with covers

BATH

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

You can also use a swaddle, which is an XL hydrophilic towel (120 x 120 cm). The swaddle can replace a hooded bath towel, a changing mat cover, a sheet, a hydrophilic towel (in which case use 12 hydrophilic towels and 3 swaddles).

Tip

Wash the layette in advance. (the items that will be in contact with the baby).

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

Bag for a hospital birth

Although you may be planning to give birth at home, you may unexpectedly have to go to hospital. Or perhaps you have chosen to give birth in hospital. From week 36 onwards make sure you have a bag ready containing:

- comfortable clothes to wear during the birth
- socks
- toiletries
- nightwear
- 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
- healthcare card
- maternity care plan
- patient ID card (if you've got one)
- a coin for a wheelchair

For the baby

- bodysuit
- pullover/trousers/socks or sleepsuit
- jacket and hat
- approved car seat with blanket
- swaddling blanket

