

Birth and baby essentials

What items do you need for the birth of your child and for the time after. We have made up a list. Please check www.veiligheid.nl for information about safety.

Baby

Clothing

- 6 sets of clothing size 50/56
- 6 rompers in size 50/56
- 6 pairs of socks
- 3 baby hats
- 1 jacket
- 1 wardrobe

Baby care

- 12 hydrophilic nappies
- 6 hydrophilic washcloths
- 6 burb clothes
- 2 hooded bath towels
- 1 pack of disposable nappies or 24 cotton nappies with liners and tape
- 1 pack of disposable wet wipes
- 1 tube diaper cream (zinc)
- 1 tube vaseline
- 1 bottle of soap-free baby washgel
- 1 hairbrush or comb
- 1 cardboard nail file
- 1 baby bath or tummy tub with stand
- 1 nappy bucket
- 2 metal hot water bottles (seamless)
- 2 hot water bottle covers
- 1 changing unit (between 90-105 cm)
- 1 changing pad and 2 or 3 covers

Sleeping

- 1 cradle/cot (at least 7 cm between slats)

- 1 sturdy mattress
- 3 flannel under sheets or flannel mattress protector (100% cotton, no plastic)
- 3 bottom sheets
- 3 top sheets
- 2 blankets (wool or cotton)

Feeding

- Breastfeeding: nursing bra and pads
- Bottle-feeding: 2 bottles, 2 teats, 1 bottle wiper, formula (consult the obstetrician)

Basic birth kit

Most health insurance companies provide a basic birth kit. Check if there are any items you still need to purchase.

- 1 plastic bed sheet
- 10 cellulose mats
- 2 packages of maternity pads
- 2 packages of sanitary pads
- 1 pack of zig zag cotton wool
- 1 bottle of alcohol 70% (100 ml)
- 1 package of sterile gauze (5x8,5 cm)
- 1 sterile umbilical cord clamp
- 1 soap dispenser (fragrance-free, disinfectant soap)

What else do you need?

- 2 digital rectal thermometers
(1 for the mother and 1 for your baby)
- 1 water bottle or measuring cup for rinsing
after going to the toilet
- Approved infant car seat
- A raised bed (minimum of 80 cm) at least
3 weeks before due date
- Sanitary towel bags or sandwich bags
- Wash baby-items before using them and
do not use fabric softener (it could irritate
the baby's skin)

Home birth

You will need the following items in addition
to the basic birth kit:

- 1 basic birth kit (previous page)
- 3 flannel diapers to keep the baby warm
- 1 bedpan in a clean pillow case
- 2 buckets (10L)
- 2 bin liners
- 1 wash bowl (plastic tub)
- 1 package of salt (for rinsing birth laundry)
- 1 extra 75/100 watt light
- 1 torch (in case of power failure)
- Heating in the maternity- and nursery
room (22/23°C)
- 2 sets of clean bed linens
- 1 cabinet (or bedside table, ironing board)
to put things

Hospital birth

From week 36 make sure you have packed a
bag with the following items:

For yourself

- 1 bathrobe
- 3 sets nightwear
- Underwear and (nursing) bras
- Warm socks
- Slippers and shoes
- Comfortable shirt during labour
- Comfortable clothing after labour
- Toiletries and cosmetics
- Medicines
- Glasses or contact lenses
- Hospital ID-card (if you have one)
- Insurance card
- Passport or driving license
- Something to read/music
- Photo or video camera
- Mobile phone and charger
- Something to eat/drink
- Cash and debit card
- Certificate of marriage

For the baby

- Clothing (romper, pullover, trousers, socks)
- Jacket and hat
- Swaddling blanket
- Approved car seat

When do you call us?

Home birth: Your obstetrician will tell you
when should call us.

Hospital birth: Call us as soon as the baby is
born and when you are allowed to go home.

We can be reached 24/7 at telephone
number: **0181 - 31 00 00**.