

List of maternity necessities

Basic childbirth set

- 5 cellulose mats
- 2 packages of sterile gauze pads
- 1 length of cotton wool (100gr)
- 1 sterile umbilical cord clamp
- 1 bottle of surgical spirit
- 2 packages of maternity sanitary towels
- 2 packages sanitary towels
- 1 matrasbeschermer

Extras for homebirth

- 2 birth mattresses (thin)
- 3 cellulose mats
- 1 mattress protection

Further necessities

- 1 measuring jug (for rinsing)
- 1 soap pump, unscented
- 1 roll of toilet paper
- 2 plastic buckets
- 2 large garbage bags
- 1 package of salt (for rinsing birth laundry)
- Emergency lighting

Necessities for the mother

- 1 digital clinical thermometer (no ear thermometer)
- 3 sets of bed linen
- 2 pillowcases (for bedpan)

Necessities for the baby

- 1 digital clinical thermometer (no ear thermometer)
- 6 rompertjes of hemdjies in 2 maten
- 6 sets of clothes in two sizes
- 2 baby caps
- 12 hydrophilic nappies
- 4 hydrophilic wascloths
- 6 bibs
- 2 packages of disposable nappies or if you wish to use cotton nappies 18 preformed with accessoires
- lotion / wipes
- 2 baby blankets
- 2 flannel sheets or flannel covers
- 3 under bed sheets or fitted sheets
- 3 top sheets
- 2 seamless metal hot water bottles
- 2 hot water bottle covers
- 1 changing unit
- 1 tummy tub or baby bath with stand
- 1 nappy bin with cover
- 1 hairbrush and comb
- 2 bath capes or 2 large bath towels

When breastfeeding

- necessary nursing

When formula feeding

- 2 bottles
- 2 teats especially for newborn
- 1 bottle brush
- kind of formula in consultation with midwife

Requirements for household chores

- 1 tray
- 1 portable laundry basket

= Basis kraampakket

- = celstof matjes
- = steriele gaasjes
- = zigzag watten
- = steriele navelklem
- = flesje alcohol 70 %
- = kraamverband
- = maandverband

= Aanvulling voor de thuisbevalling

- = kraammatrasjes
- = celstofmatjes
- = bedzeil

= Verdere benodigheden

- = maatkan (om na te spoelen)
- = zeppompje ongeparfumeerd
- = rol toiletpapier
- = plastic emmers
- = grote vuilniszakken
- = zout (om de bevallingswas te spoelen)
- = noodverlichting (zaklamp)

= Benodigheden voor de moeder

- = digitale koortsthermometer
- = bedverschoningen
- = slopen (om ondersteek in te doen)

= Benodigheden voor de baby

- = digitale koortsthermometer
- = rompertjes
- = babykleding
- = baby mutsjes
- = hydrofiel luiers
- = hydrofiel washandjes
- = spuugdoekjes
- = wegwerp of katoenen luiers
- = lotion/billendoekjes
- = dekentjes
- = moltons of moltonhoezen
- = hoeslakens
- = bovenlakens
- = metalen kruik (naadloos)
- = kruikenzak
- = aankleedkussen
- = tummy tub of bad met standaard
- = luieremmer met deksel
- = babyborstel en kam
- = badcape of grote handdoeken

= Bij borstvoeding

- = eventueel zoogkompresen

= Bij kunstvoeding

- = zuigfles
- = speen voor pasgeborene
- = flessenwisser
- = voeding in overleg met verloskundige

- = dienblad

- = draagbare wasmand

Requirements for loan via Medipoint www.medipoint.nl/lenen, 088-1020100

- | | |
|------------------------------------------------------|----------------|
| <input type="checkbox"/> bedpan | = ondersteek |
| <input type="checkbox"/> bed raisers | = bedverhogers |
| <input type="checkbox"/> possibly for a back-support | = ruggensteun |
| <input type="checkbox"/> optionally a bed | = evt bed |

Advice

We recommend not later than 6 weeks before the date of delivery to have the amenities for maternity care at home.

For hygiene reasons it is recommended to wash the babyclothing in advance. Do not use a fabric softener; This can irritate baby's skin. The use of a clothes dryer is no objection

On www.veiligslapen.info and www.veiligheid.nl.veiligslapen you will find the latest opinions on different products concerning sleeping safely