

Maternity Checklist

Checklist for expectant mothers

ULTIMATE CHECKLIST

A good delivery and **maternity period** starts with the right preparation. This **checklist** will help you with that. Ask all your questions during the intake interview or by **phone or e-mail.**

de Waarden KRAAMZORG

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Maternity leave checklist

Bed raisers can be easily ordered via the website of **Kraamzorg de Waarden** or **www.dadashop.nl**

Maternity package

Everyone who is going to give birth needs a maternity package. Request it through your healty insurer or order your maternity package online via www.medipoint.nl

Further necessities

- [ ] 1 roll of toilet paper
- [ ] 1 package of salt (for rinsing birth laundry)
- [ ] 2 buckets (of which 1 new or clean to fill baby's bath)
- [ ] 2 bin bags
- [ ] 1 pack of kitchen roll/paper towels
- [ ] 1 emergency lighting (torch)
- [ ] 1 soap dispenser unperfumed of hand gel (if it's not included in the maternity package)
- [ ] 1 bottle disinfectant (if required by the obstetrician)
- [ ] 1 measuring jug or Peri bottle (for rinsing)
- [ ] 1 box disposable little bags (for disposing of sanitary pads)
- [ ] 1 pair of long sterile gloves (mandatory for a water birth)**

Mother

- [ ] 1 digital thermometer (no ear or infrared thermometer)
- [ ] 3 sets of bed linen (2 sets if there is a tumble dryer)

Baby

- [ ] 1 digital thermometer (no ear or infrared thermometer)
- [ ] at least 3 rompers in sizes 50-56 and 62-68*
- [ ] at least 3 sets of clothes in sizes 50-56 and 62-68*
- [ ] 2 baby hats*
- [ ] 12 hydrophilic cloths*
- [ ] 6 hydrophilic washcloths*
- [ ] 8 burb cloths*
- [ ] 2 packages of disposable diapers or if you wish to use cotton nappies: 18 pre-formed with accessories*
- [ ] cradle / crib and a well-fitting mattress *
- [ ] 2 molton fitted sheets*
- [ ] 3 under sheets or fitted sheets (2 sets if there is a tumble dryer)*
- [ ] 3 top sheets (2 sets if there is a tumble dryer)*
- [ ] 2 blankets*
- [ ] 2 aluminium seamless hot water bottles*
- [ ] 2 hot water bottle covers (not padded)*
- [ ] 1 changing mat
- [ ] 1 baby bath with bath stand (preferably with drain plug)
- [ ] 1 baby wash gel
- [ ] 1 hair brush & comb
- [ ] 2 bath capes or large bath towels*
- [ ] vaseline (or a different moisturizing cream for face and bottom)
- [ ] optionally a cardboard nail file

In case of formula

- [ ] 2 baby bottles*
- [ ] 2 teats (special for newborn baby's)*
- [ ] 1 baby bottle brush
- [ ] formula in consultation with obstetrician or family doctor

Breastfeeding

- [ ] nursing bra (2 or 3)
- [ ] nursing pads
- [ ] (optionally) little storage containers or bags
- [ ] (optionally) nursing pillow
- [ ] (optionally) breastfeeding starter set

We inform you about the following vitamins

- [ ] vitamin D

Household necessities

- [ ] 6 cleaning cloths (washable at 60°C)
- [ ] 1 mop with telescopic handle
- [ ] 1 portable laundry basket
- [ ] 1 serving tray

Tips:

1. Before you make your purchases, it is recommended to consult www.consumentenbond.nl, www.ncj.nl and www.kinderveiligheid.nl. Here you can find info about various required products.
2. Wash all clothing in advance to ensure hygiene and possible allergic reactions of the baby. Do not use fabric softener. Drying in the tumble dryer is no problem.
3. When purchasing blankets, pay attention to the season: choose cotton in a warmer season and wool/fleece in a colder season. Make (if necessary) use of extra heating/electric heater. Check the (new/used) hot water bottles for damage during pregnancy: check also our instruction videos on our website
4. If you are choosing for a water birth in the hospital, take extra clothes with you for you and your partner. Your clothes probably won't stay dry!

* Adjust these articles to the number of children. If you are expecting small children, adjust the size of the clothing accordingly.
** Please note: If you use a birthing pool for a home birth, you must provide long sterile gloves for the maternity nurse. Without these gloves she is not allowed to assist with the bath birth.

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