

Your notes

Breastpump

You might need a breast pump, but there's no way to know this beforehand. For that reason, we don't recommend buying one before giving birth. If you do end up needing a breast pump, you can rent or buy one from Isis Kraamzorg. Your maternity nurse or lactation consultant can help you select the most suitable pump for your needs.

Baby bank

If you cannot afford to pay for newborn items yourself, you can turn to our baby bank. Go to our website: kraambank.nl

Isis Kraamzorg

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¹ www.veiligheid.nl/kinderveiligheid/slapen/veilig-slapen/veilig-slapen-tips

² www.veiligheid.nl/kinderveiligheid/slapen/beddengoed

³ Many of the items required for the postpartum period and birth will be included in your maternity package, which is generally provided by your insurer. Be sure to check that this applies to your own insurance company.



Liefs(t) Isis

Newborn Essentials

This checklist contains everything you will need to give birth at home or in hospital. It also lists those items required for the care of your newborn in the first few weeks after birth.

Phone number

Isis Kraamzorg

0513-727042

Postpartum period

Bedtime ¹²

- two hot water bottles
- two hot water bottle covers
- crib and/or cot (two for twins)
- mattress², at least 8 cm thick (two for twins)
- two cot quilts (four for twins)
- three fitted sheets (six for twins)
- three flat sheets (six for twins)
- three flannel mattress protectors

Clothing

When picking out clothes, keep in mind that the size you need will depend on how large your baby is. If you buy a lot of outfits in small sizes and you have a big baby, they may not fit. We have created a chart to give you an idea of what size your baby will need.

Baby	Size
Up to 50 cm	Size 50
51 to 56 cm	Size 56
57 to 62 cm	Size 62

Note that sizes may vary between brands. Practical items of clothing to have available:

- bodysuits
- tops & bottoms or baby grows
- socks
- cardigan or coat
- two hats

Bath time

- baby bath/bath stand/Tummy Tub (optional)
- two receiving blankets (four for twins)
- soap-free baby wash

Baby care

- changing table (minimum height 90 cm)
- bed risers or tall bed (minimum height 80 cm)
- changing mat & covers
- hairbrush/comb
- 12 muslin cloths (18 for twins)
- muslin washcloths
- burp cloths
- vaseline
- two thermometers (suitable for rectal use)
- wet wipes
- waste bin & bin liners
- disposable nappies or reusable cloth nappies
- clean plastic bottle or jug (to rinse after toilet use)

Breastfeeding

- nursing pads
- non-wired nursing bra that fits well near the end of your pregnancy

Bottle feeding

- one feeding bottle & accompanying teat (two for twins)
- can or carton of infant formula
- bottle & teat brush

Cleaning

- cleaning rags
- bucket & all-purpose cleaner
- mop with handle

Maternity package³

- -mattress protector
- -ten cellulose bed pads
- -two packs of maternity pads
- -two packs of sterile gauze pads
- -cotton wool pleat
- -surgical spirit 70%
- -umbilical cord clamp

For a hospital birth

Prepare a bag from week 36, even if you're planning a home birth

- toiletries
- two sets of nightwear
- robe
- two sets of underwear
- two sets of warm socks
- slippers
- oversized shirt to wear when giving birth
- comfortable outfit for trip home
- burp cloth
- two sets of newborn clothing
- baby cardigan or coat
- baby hat
- receiving blanket for trip home
- maternity health record and
- proof of registration for maternity care
- phone & charger
- camera/video recorder
- car seat
- change for wheelchair (often a €2 coin)
- money for parking meter
- clean clothes for partner (optional)

For a home birth

- plenty of bedding
- extra pillows
- step stool
- bedpan
- two buckets & bin liners
- plastic sheet
- basin
- emergency light source (torch)

Tip: As your waters may break unexpectedly, it's advisable to use a mattress protector near the end of your pregnancy.

Tip: Use one of the disposable bed pads from your maternity package to protect your car seat on the way to the hospital.

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