

Postpartum period

Bedtime¹²

- 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

Care

- changing table (minimum height 90 cm)
- plenty of bedding
- extra pillows / back support Medipoint
- step stool
- 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

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
- pregnancy chart from midwife
- phone/camera & charger
- car seat
- change for wheelchair (often a €2 coin)
- money for parking meter
- clean clothes for partner (optional)

Home birth

- 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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