



Newborn essentials list

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.

Maternity package and Medipoint

Good to know: most insurers offer a maternity package with basic necessities. Ask your health insurer. You can also buy many maternity aids you will need during and after your pregnancy through Medipoint.



For the mother

Basic maternity kit

- Mattress protector
- 10 Cellulose bed pads
- 2 Packs of maternity pads
- 2 Packs of sanitary pads
- 2 Packs of sanitary gauze pads
- Cotton wool pleat
- Surgical spirit 70%
- Soap dispenser
- Umbilical cord clamp

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

Tip

Home birth

- Torch (or light from smartphone)
- Basin
- Plastic sheet
- 2 Buckets & bin liners
- Bedpan

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

Tip

Care

- Bed linen (for the maternity bed, minimum 2 sets)
- Extra pillow or back support
- Bed risers or tall bed (minimum 80 cm)
- Clean plastic bottle or jug (to rinse after toilet use)
- Pack of salt (to rinse laundry after giving birth)
- Digital rectal thermometer for the mother
- Step stool

Prepare a bag for delivery

Starting from week 36.

- Comfortable clothes for labor
- Socks
- Toiletries
- Lip balm (breathing through contractions can cause dry lips)
- Nightwear
- Underwear
- (Nursing) bra
- Dressing gown and slippers
- Comfortable outfit for trip home
- Camera/smartphone & charger
- Shoes
- Something to read
- Hospital patient card (if you have one)
- Change for wheelchair (often 2 euro coin)
- Possibly Dextro/ something to eat (e.g., a granola bar)

For your baby

- Baby cardigan or coat
- Car seat
- Swaddle wrap
- Burp cloth

Isis Kraamzorg

PO Box 190, 8440 AD Heerenveen
K.R. Poststraat 131, 8448 EB Heerenveen
+31(513) 727 042
info@isiskraamzorg.nl
isiskraamzorg.nl

For the baby

Clothing

- Jacket or cardigan
- 2 Small caps
- 6 Rompers
- 6 Jumpers and pants or playsuits
- Socks

Wash baby essentials (the products that come into contact with the baby) in advance. The advice is to avoid using fabric softener to prevent possible hypersensitivity reactions.

Tip

Care and bath

- Pack of disposable nappies or approximately 18 washable nappies
- 18 Hydrophilic towels
- Wet Wipes
- 6 Hydrophilic flannels
- 6 Napkins
- Digital rectal thermometer for the baby
- Changing table (minimum height 90 cm)
- Changing mat and 2 covers
- Hairbrush/comb
- Vaseline
- Baby bathtub/tummy tub and stand
- Bottle of soap-free washing gel/body shampoo
- 2 Swaddle wraps

Sleep

- Cradle/crib/co-sleeper
- Breathable mattress, at least 8 cm thick
- 3 Moltons
- 3 Fitted sheets
- 3 Top sheets
- 2 Blankets
- 2 Aluminum seamless jugs with jug bags
- Smoke detector



Well-working smoke alarms are of life-changing importance. Install smoke detectors everywhere where fire can occur.

When 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 & teathbrush

If you cannot afford a baby outfit yourself, you can turn to our Maternity Bank. Check out Kraambank.nl

Tip

Household

- Cleaning rags
- Bucket & all-purpose cleaner
- Mop with handle
- Tray (not a must, but practical to have in the house for your maternity nurse)

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All babies have a good start

