

Baby on the way: what to have at home (baby necessities)

Please have the following products at home at about 36 weeks pregnancy

From the maternity package:

- 2 packs of maternity pads
- 1 box of sterile gauzes, plus 1 pack zigzag cotton wool
- bottle of alcohol 70% for disinfection
- umbilical clamp or cordring
- fiber underlay mats / maternity mattresses, 5 pieces

Often you receive a maternity package from your insurance company. You can also purchase, sometimes as a readymade package, at a larger drugstore or BOL. The Heltiq and Natalis ranges are comprehensive; Natalis also offers a sustainable range

Extra if you would like (the possibility) to deliver at home:

- 1 box of sterile gauze, large format
- extra maternity mattresses, at least 10 pieces in total
- mattress protector or plastic tarp
- a roll of garbage bags
- a good light source, for example a moveable desk lamp

To take care of the baby:

- digital thermometer, not an ear thermometer
- at least 1 metal hot water bottle
- (washed) muslin diapers/cloths, about 8 pieces
- diapers
- clothing size 50-56: at least: 6 onesies, 3 pants, 3 sweaters, socks, hats
- warm wrap
- crib or bed with a hard mattress, made with cotton flannel and bedsheet
- cotton or wool blanket or a small sleeping bag

Bring to the hospital:

- comfortable clothing to give birth in, including warm socks.
- clean clothing and underwear to wear after your delivery.
- Flip flops that can be worn in the shower
- baby clothing, hat, jacket, wrap
- toiletries, lenses / glasses
- ID: passport or drivers license
- Car seat. Please note: taxi's and Ubers are not allowed to transport a baby without a car seat!
- You don't need to bring any disposables (diapers, maternity pads) to hospital.

It is important for us, but also for the maternity nurse that the bed is elevated to about 70 centimeters height. This can be done by using bed elevators which can be borrowed at Medipoint 088-1020100 or Vegro homecare 0900-2887766 . You can also elevate your bed by using crates.