

Maternity checklist

A maternity package containing the following

For the mother
<u>A pack of pleated cotton</u> For dabbing alcohol amongst other things.
<u>Sterile umbilical cord clamp</u> The midwife uses this to clamp the umbilical cord so it can be cut safely.
<u>Underpads</u> A protective pad the size of your matress
<u>Five smaller cellulose matrasses</u> For protecting your matress
<u>Two large cellulose matrasses</u> These protect your matress from any fluids
<u>Alcohol (70%)</u> For sterilization purposes (i.e. thermometer)
<u>Two packs of maternity pads/towels</u> You might need these after giving birth because of possible blood flow. Maternity pads/towels do not contain plastic (unlike most menstrual pads and towels), this will decrease irritation.
<u>Two packs of regular sanitary towels</u> After the first few days of bleeding you can switch to regular sanitary towels
<u>Sterile gauze</u> The maternity nurse might use this for all kinds of purposes
<u>Disposable maternity briefs,</u> Designed to keep your maternity towel/pad in place
<u>Bedsupports</u> From the moment of you 37th week of pregnancy the bed must be raised in order for the maternity nurse to care for you.
<u>Thermometer (2 would be convenient)</u> After delivery the maternity nurse will have to take your and your baby's temperature regularly. An in-ear thermometer will not suffice as it is only suitable for children above the age of 2.
For the baby
6 onesies, bodysuits or vests size 50/56
3 babysuits/ pants with t-shirts and socks size 50/56
<u>12 muslin swaddles/blankets</u> These are essential. They are mostly used as towels or cover for the changing table. Convenient to have with you wherever you go.
2 packs of disposable nappies (Or 20 cotton nappies)
2 packs of baby whipes

<p><u>6 muslin washcloths</u> They are very soft and therefore comfortable for your baby</p>
<p>6 burp cloths</p>
<p><u>Crib or cot</u> For safety demands and regulations see www.veiligheid.nl</p>
<p><u>Matrass</u> This must be sturdy and fit the crib or cot well</p>
<p>2 under sheets or matras covers 100 % cotton</p>
<p>2 cover sheets and 2 blankets 100% cotton</p>
<p>Changing top/pillow</p>
<p>2 flannels 100 % cotton</p>
<p><u>2 hot water bottles (preferably metal)</u> All babies have trouble regulating their own temperature, it is therefore necessary to put one or two water bottles in the crib or cot before the baby is put in the bed.</p>
<p>2 hot water bottle covers</p>
<p>Baby bath and perhaps a Tummy Tub®</p>
<p>2 large bath towels or bath capes.</p>
<p><u>1 hat</u> The baby should wear the hat when the midwife tells you so. Not without this advice because the baby could overheat.</p>
<p><u>1 diaper pail with a lid</u> to dispose of diapers</p>
<p>Baby hairbrush or comb</p>
<p><i>We recommend washing and cleaning everything in the list above to prevent possible skin irritation with the baby. Do not use fabric softener. It is okay to use a tumble dryer.</i></p>
<p>For home delivery <i>(these items will not be in a standard maternity packet)</i></p>
<p><u>2 buckets and 2 large rubbish bags</u> For dirty laundry and anything that has to be disposed of during delivery</p>
<p><u>Proper lighting and emergency lighting</u> The midwife needs good strong lighting to coach you through the delivery. In case the electricity fails a couple of torches/flashlights would be convenient. Also make sure you have full batteries for the torches.</p>
<p><u>A bedpan</u> You need a bedpan when it is impossible to walk to the toilet. Furthermore, it can be used to hold the placenta when it comes out.</p>
<p>What to put in an overnight bag for hospital delivery.</p>
<p>It is convenient to have the items in the list below packed up and ready to take with you in a suitcase or bag as soon as you are 37 weeks pregnant.</p>
<p>Insurance papers and possibly a hospital pass</p>
<p>Underwear.</p>

Toiletries.
Bathrobe and slippers.
Telephone with charge card and telephone number of maternity care company and other important facilities.
Camera with an empty memorycard and extra batteries.
Small cellulose mat for the car.
Money.
Clothing for yourselves and the baby
Birthplan
It is advisable to bring your wedding booklet or acknowledgement papers and both your passports. In some hospitals there will be a civil registrar present. You can register your child there.
What you need for bottle feeding:
2 teats/nipples to put on the bottle especially for newborns
2 bottles
Bottle brush
<u>Bottle heater</u>
To heat formula. This could also be done in a microwave or a small pan.
<u>Formula</u>
Brand is not important as long as it is formula especially for newborns