

Kraamzorg de Waarden

# Information brochure



Practical tips

.....  
What things  
do I need?



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## Congratulations on your pregnancy!

**A happy new life, that's something we wish every baby and parent.**

**A beautiful beginning to your child's life. It is a moment that we can celebrate by wishing you a Happy new life!**

You're pregnant, and it is so special. At such an extraordinary time you need someone who understands you and can show you the way. Someone who recognises that you are dealing with a lot, and that you may even feel insecure at times. This is when you need someone who will take away your insecurities and give you confidence for this new life.

You can find that person at Kraamzorg de Waarden! In this brochure we tell you all about our organisation, your wishes and what we can offer you.

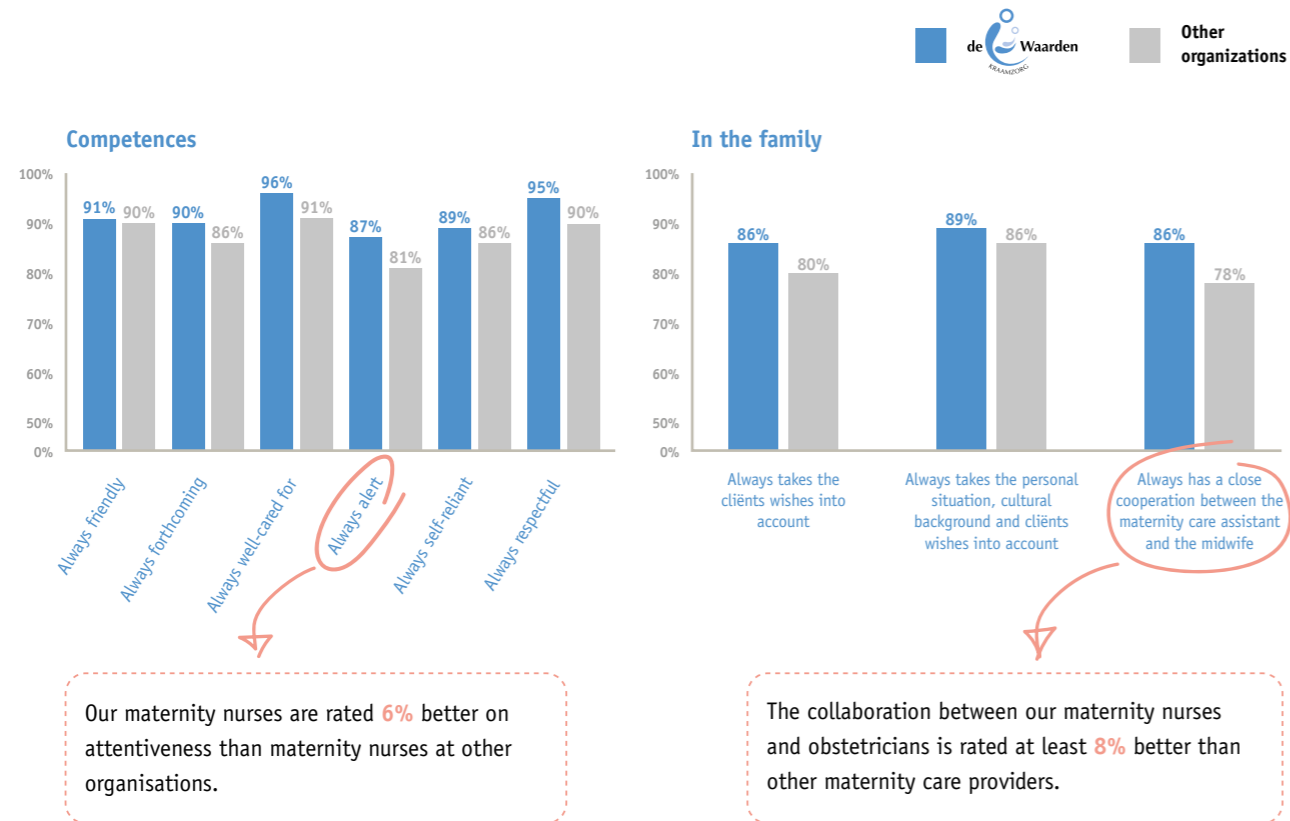
**Happy New Life!**



# Kraamzorg de Waarden scores higher in customer satisfaction!

The numbers prove it: customer satisfaction with the services of Kraamzorg de Waarden is extremely high.

Especially in terms of competencies, recent figures reveal that our organisation scores considerably higher than other maternity care providers. To find out more, visit [kraamzorgdewaarden.nl](http://kraamzorgdewaarden.nl)



# What can Kraamzorg de Waarden do for me?

## Postnatal and maternity care

We want to provide you with an unforgettable and relaxed postnatal care that will become a warmly cherished memory. Your first postnatal week is one of the most important times in your life. This is why our maternity nurses will always coordinate your postnatal care in consultation with you, so that we can meet your wishes and expectations, all within our possibilities. We want to get you off to a good start. Attention to your health, care and nutrition is our priority. Our nurses will help you with this and will ensure rest and regularity, so that you can fully recover from childbirth and can really enjoy your baby and your postnatal care. At the end of the first postpartum week you will be able to take care of your baby on your own, with confidence and self-assurance. Do you have specific wishes, or did you have multiple births or a Caesarean? If that is the case, our maternity nurses will take good care of you.

## Reliable and close-by

Our maternity nurses work in small teams and are either affiliated with an obstetrics practice or work closely with your obstetrician or GP. In many cases they also come to the hospital. The nurses live throughout our serviced areas, so there will always be one close-by. We provide postnatal care near you, offering a small scale, familiar feel that is supported by the stability of a large organisation.

So that you can be informed in advance about what maternity care entails, you are first receiving this information brochure. We also have an extensive website. After registering you will receive fun weekly information about the development of your child and your pregnancy. This will be supplemented by useful tips and advice, nifty instructional videos, product information, offers and much more. If you haven't done so yet, or if you registered via your health insurance or through a different channel and still want to receive the weekly pregnancy email, you can register via [kraamzorgdewaarden.nl/zwangermail](http://kraamzorgdewaarden.nl/zwangermail).

## Bed raisers and other practical tools

You can order bed raisers from our website, as well as bed pans, back supports, shower seats and bedside commodes. All of this will be delivered to you for free and picked up later. All of the costs are covered by your health insurance and do not affect your deductible. It would be a good idea to check in advance how many bed raisers you will be needing. At 37 weeks your bed should be at a height of 80 cm, measured from the top of the mattress. On our website you can find a link to the Duxxie order page, where you can order easily and quickly. Supplier Medipoint will deliver and pick up from your home for free throughout the Netherlands.





### Breastfeeding support

You can attend a breastfeeding course at various locations within our serviced areas. These courses are given by our lactation specialists, who will teach you about breastfeeding. They are always available, during your postnatal care and beyond. You can contact them by phone or e-mail for advice. Please visit our website for more information.

### Intake interview

Our consultant will contact you around week 25 of your pregnancy to make an appointment for an intake interview. This interview takes place before week 34 of your pregnancy. If you are expecting a multiple birth, the interview will take place no later than week 32 of your pregnancy.

If this isn't your first child, the intake interview takes place at home or by phone. This will depend on your health insurance, and house calls are made only under special circumstances. You

can explain your situation when making the appointment for the first interview. During the intake interview the consultant gives you information about your pregnancy, the birth and the upcoming postnatal week. The indication for postnatal hours will be coordinated based on the national Maternity care indication protocol. You can of course ask the consultant any other questions you may have.

### Number of postnatal hours

It is important that you and your child get off to a good start. This is why in the Netherlands we work with a National Maternity care indication protocol, intended to allocate the number of postnatal hours objectively and transparently. The consultant sets together with you the number of hours that fit your personal situation. The number of hours that the maternity nurse is with you if you deliver at home are partum hours and are separate from the postnatal hours. After the birth and

during the postnatal care we reassess whether that number of hours still fits your situation. If it doesn't, the number of hours needed is determined in consultation with your obstetrician. You can also buy extra hours outside the indicated hours at your own expense. If you are hospitalised for several days, the total postnatal hours at home is reduced.

### Is a different nurse coming?

During your postnatal care week you may get a different maternity nurse to take over your care. This may be unavoidable for reasons of high demand, vacation, illness or part-time status of the nurse. For maternity nurses who also have a family it is too difficult to work for eight straight days. It may also be too burdensome for older nurses. We strive to be a good employer by offering our maternity nurses the option to work in four-day rosters, so that they can improve and maintain their work pleasure and working conditions. We are also bound by collective labour agreements and the Working Hours Act, which regulates obligatory rest periods for employees. All our maternity nurses are licensed and experienced, and they all love their job. If you get a different carer, rest assured that proper transfer has been arranged because our maternity nurse has been consulting with you daily on your expectations and wishes, as well

## Early delivery assistance

All our maternity nurses are trained in early delivery assistance, which means that you can request a maternity nurse before your scheduled delivery. She can come to you as soon as dilation starts and help you throughout the entire birth. A safe, relaxed environment is good for a normal delivery and postnatal recovery. The nurse can motivate you and your partner or support you when the contractions begin. Should you want some time together, the nurse will in any event be nearby if you need her. Do you want to make use of this early assistance option? Discuss it with your obstetrician, who will then know that a maternity nurse has to be called earlier. These hours are also covered by your health insurance, they are partum hours that are separate from the postnatal hours so they will not be deducted from your regular care hours.

as our possibilities. These agreements are included in the care plan.

### Deferred postnatal care or incubator aftercare

This type of care is intended for mothers whose baby, after being placed in an incubator or for another reason, comes home only after 10 days. This modality consists of care for the baby, information and advice.

To find out whether you are eligible for this type of care, it is best that you contact your health insurer or read the provisions of your insurance policy.

### Health insurers

Kraamzorg de Waarden has a contract with all Dutch health insurers to provide postnatal care. All indicated postnatal hours fall under the Health Insurance Act and are part of the basic insurance package. You do have to pay a legally mandated deductible for the postnatal hours provided (outside of the delivery hours). For any supplement-

tary insurance policies that you have, consult your policy provisions as to whether you owe this deductible in its entirety or partially.

### Care guarantee

As a large and flexible maternity care provider, Kraamzorg de Waarden is able to offer you a guarantee of care. This means that you can count on maternity care under any circumstances, even during vacation periods or unexpected birth peaks.

## The birth

Do you want to give birth at home or at the hospital? This can be a tough choice, as both options have pros and cons. It is important that you choose a place where you feel comfortable. For example, for your hospital of choice get more information about open days/evenings, or try out the ride to the hospital.

### Home birth

The Netherlands is unique in that so many women give birth at home. Obstetricians and maternity nurses are highly trained to assist you at home with the birth of your child. You get extra care hours for this assistance with your labour. Your obstetrician or GP will determine together with you when the maternity nurse should come. You can reach us 24/7 at 088 130 17 18.

### Assistance with home birth

The maternity nurse will get all the necessary tools ready for the delivery (if that hasn't been done already), will support you and your partner during the delivery, and will help keep things relaxed. She will assist the obstetrician

in the delivery. After the birth she will take care of you and the baby, and will stay with you for at least two hours after the delivery, closely monitoring both your health conditions.

### Childbirth at the hospital

You go to the hospital when dilation starts. The maternity nurse will call the hospital. In some hospitals our maternity nurses are present to assist with the delivery. You will have to pay the transportation costs. Basic insurance does not cover outpatient hospital births but supplementary insurance does partially, so make sure that you read your policy provisions thoroughly. After giving birth as a hospital outpatient you are sent home as quickly as possible. As soon as you know when you can go home, you can call for a maternity nurse. If you give birth at the hospital because of a medical indication, these costs are reimbursed.

### Birthing centre

Birthing centres are being opened in an increasing number of regions. You don't need a medical indication to give birth at these centres. Your own obstetrician will go with you, and our maternity nurses assist in some centres. The costs are the same as those for an outpatient hospital birth.

### Start-up care

If you gave birth at the hospital or a birthing centre, we provide evening and night start-up care as needed. Start-up care is a minimum of 2 hours.

## Breastfeeding and formula

### Breastfeeding

Breastfeeding is the best start that you can give your baby. We will do our best to make your breastfeeding successful. Our maternity nurses will fully support and assist you in this process. We also have lactation specialists to give you that little extra support when you need it. To prepare, you can also follow a breastfeeding course given by one of our organisation's lactation specialists.

Some benefits of breastfeeding your baby:

- protection against infections
- protection against allergies
- specially formulated for your baby

And some benefits of breastfeeding for you:

- it can positively influence the attachment process between you and your baby
- breastmilk is always available and at the right temperature

In most cases our maternity nurses have a breast pump. Using a pump is a very individual matter and depends on your situation during the week of postnatal care. So do not purchase a breast pump a priori. You can rent or buy a breast pump from [www.dadashop.nl](http://www.dadashop.nl).

### Formula

There is a variety of reasons to opt for standard formula feeding. If there are allergies and/or eczema in the family and you decide not to breastfeed, hypoallergenic formula feeding can be a good choice. Do not decide about this on your own, you should consult in advance with your obstetrician or GP. In any event, make sure you have a package of formula and two bottles at home. Our maternity nurse will also provide all the assistance you need for formula feeding, and will instruct you on how to prepare the formula.

Advantages of formula:

- anyone can administer it
- you know exactly what your child is getting

### Our maternity nurses

All our maternity nurses are licensed and are continuously updating their training in compliance with the latest guidelines. They will fit the care to your specific needs and respect your personal space, lifestyle and religious beliefs. We assume that our clients and



Our maternity nurse Sanne keeps a blog, which you can read at [www.kraamzorgdewaarden.nl](http://www.kraamzorgdewaarden.nl)

our maternity nurses interact respectfully. It goes without saying that they are also specialised in postnatal care following a Caesarean or multiple births. All the nurses have completed first aid and resuscitation training. Besides assisting with deliveries, their tasks include:

### Monitoring the health of mother and child

The health of mother and child is foremost. The maternity nurse will help you with self-care and daily checking of your temperature, pulse, fluids, cervical condition, breasts, legs, urine, stools, and stitches if applicable. In short, she focuses on your general well-being and makes sure you get enough rest. Care for the child includes checking the baby's urination, stools, umbilical cord, colour, breathing, drinking and weight. She will look after the baby's general well-being too. Everything she checks is recorded in the care plan log, so that your obstetrician or GP always remains up-to-date. The nurse has regular

contact and consults with your obstetrician. She is also the eyes and ears of the obstetrician and is the first

to alert for potential complications. If there are changes in your or your baby's health condition, the nurse will warn your obstetrician or GP.

### General health information and recommendations

The maternity nurse will teach you how to take care of the baby, and will give you information, advice and practical tips. She fulfils an important role in assisting with breastfeeding as well as formula feeding.

### Basic housekeeping

Depending on the number of postnatal hours the maternity nurse may perform some basic housekeeping tasks in addition to caring for you and the baby. This will enhance hygienic conditions at home. In addition to the nurse's regular tasks you can make direct arrangements with her about other things you find important. Such mutual agreements can be made if sufficient hours are available. The nurse will also listen to you and receive your visitors, plus provide care and attention to other family members and involve them in

the care process. She will do her best to make your postnatal care an unforgettable experience that will become a warmly cherished memory.

### Evaluation

The maternity nurse will consult with you every day about your wishes and possibilities, and how various tasks should be done. The agreements made are recorded in the care plan log. This allows for proper transfer to your obstetrician or GP as well as other medics and Children's healthcare services.

### Always available, 24/7

Has your nurse gone home and you have a question or are unsure about something? You can call our expert staff 24 hours a day, seven days a week at the following phone number:

**088 130 17 18**

There is always someone available to answer your question. If necessary, they will refer you to an expert or have an expert contact you back.

# Who will I be dealing with?

## The staff of Kraamzorg De Waarden

Kraamzorg de Waarden not only employs maternity nurses – you may also interact with other staff before and during the postnatal care.

### Consultant

During the intake interview the consultant will give your information about your pregnancy, the birth and the postnatal care. Together you will determine the number of postnatal care hours, based on your situation and the Maternity care indication protocol. All of our consultants have ample experience as maternity nurses.

### Planner

The planner is in charge of deploying the maternity nurses. She takes into account the agreements the consultant made with you during the intake interview.

### Our maternity nurses

It goes without saying that our expert maternity nurses have a solid training and extensive practical know-how. Every year they follow a comprehensive continued education programme to remain up-to-date on the newest insights and developments in their field.

Kraamzorg de Waarden also sees the training process as a social responsibility. Maternity nurses-in-training are thoroughly prepared as professional practitioners. Interns and freshly graduated staff are coached during the entire postnatal care period by a maternity nurse, to learn all the ins and outs of daily practice. To safeguard the future quality standards of the profession we ask that, in addition to an experienced maternity nurse, you also welcome an intern or maternity nurse-in-training to your home.

### Workplace trainer

The workplace trainer coaches maternity nurses as they adjust to their practice. She discusses the care together with you and the new staff member, and takes your personal situation into account. If needed, arrangements can be made for the trainer to be present on a daily basis to offer support.

### Lactation specialists

Our lactation specialists are always there for you, to provide extra support

with breastfeeding that's tailored to your situation. Do you have problems placing the baby, or is the milk not flowing? The maternity nurse will assist you in this process. She receives extra training every year from our lactation specialists to provide you with the best possible breastfeeding assistance.

If problems persist, the maternity nurse, the obstetrician or you yourself can contact one of our lactation specialists at any time. They can advise you by phone or come to your house during or after the postnatal care week. Many health insurers reimburse these consultations in their entirety or partially. You can consult with our lactation specialists during as well as after your pregnancy by calling this phone number: 088 130 17 17.

### Team coach

The team coach is the point of contact for the maternity nurse. She can make a house call while the maternity nurse is working there during the first postpartum week.

**Tip: The lactation specialist can also help you after the postnatal care.**





# What do I really need to know?

## Terms and conditions of maternity care

Our maternity care services are bound by stipulations that apply not only to registration but also to maternity nurses' working conditions.

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## Registration confirmation, changes or cancellations

### Registration and care contract

Your contract automatically becomes valid after digital registration via our website or registration via your health insurance. You will receive a written care agreement from us.

For registrations by phone or via trade fairs or markets, the contract becomes valid after you sign and return it.

You have the right to cancel the contract at no cost up to 14 days after it becomes valid.

If you are younger than 18, the care contract should always be signed by a legally appointed guardian.



### Changes

In the course of the pregnancy changes can take place that will affect the postnatal care, for example if you move, get a new phone or email, or transfer to a different insurer. You should notify us immediately of these changes at [klantenservice@kraamzorg.org](mailto:klantenservice@kraamzorg.org) so that we can update your information right away.

### Cancellations

If circumstances change so that you cannot or do not want to use our services, please notify us immediately at [klantenservice@kraamzorg.org](mailto:klantenservice@kraamzorg.org). In such cases there will still be a charge for the registration costs, as well as for the intake interview if it already took place.

## Service terms

Kraamzorg de Waarden provides maternity care in conformity with the applicable general terms and conditions for maternity services. Additional terms and conditions may apply.

### Working conditions

Working in the maternity field is physically taxing, so we wish to attend you to the following:

- To prevent the maternity nurse from having back problems, your bed must be at a height of 80 cm, measured from the top of the mattress to the floor. This is required during labour and the postnatal care. If your bed is too low, no bed care will be provided.
- You cannot give birth or receive care on a waterbed. You will need another bed that can be adjusted to the suitable height.
- Cords, plugs and electrical devices the maternity nurse works with should be safe.
- The place where the maternity care is being provided must be easily accessible.
- Running water should be available on the floor where the birth takes place and you spend your postnatal care.
- If you use a bath for a home birth, make sure that you have long sterile gloves for the maternity nurse. This is compulsory for births in baths/pools.
- The Tobacco Act entitles our staff to a smoke-free working environment. We therefore kindly request that you refrain from smoking in the proximity of our staff.

### Transportation costs

The transportation costs incurred by the maternity nurse on her way to and

from your home are covered by Kraamzorg de Waarden. When the nurse uses her own car to provide services to your family, there is a fixed charge of € 0.27 per km, payable directly to the maternity nurse. Your family members are only allowed to ride with the maternity nurse if she has passenger insurance. If the nurse uses your car, you are liable for any damages caused by the maternity nurse.

### Parking

Parking may be a problem in large urban areas. If this is the case in your neighbourhood, we kindly request you apply for a special parking permit for your maternity nurse. The nurse will charge you for any parking costs she incurs.

### Use of keys

Lending keys to your maternity nurse is at your own risk. Kraamzorg de Waarden cannot be held liable for any loss or theft.

### Liability

Kraamzorg de Waarden accepts no liability except in case of serious fault or gross negligence. In the event of an employee causing material damages a deductible of € 45 per event applies. The damage should be reported to our organisation without delay. (You should keep the damaged items so the damage can be expertly assessed).

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### Privacy policy

Kraamzorg de Waarden respects your privacy, and treats and protects the personal data of its clients and website visitors with the utmost care. We comply with the requirements set by the General Data Protection Regulation (GDPR). Please see the privacy statement on our website for additional information.

## What else is important?

### Other facts about postnatal care

#### Division of responsibility between maternity nurse and obstetrician

Your obstetrician is responsible for the postnatal care. If there are any problems, the maternity nurse will always consult with the obstetrician.

### Medication policy

Our maternity nurses are not allowed to recommend or administer medications. This falls under the responsibility of your obstetrician or GP.

#### Obligation to inform clients about deploying maternity nurses-in-training

Kraamzorg de Waarden is a certified teaching business, which means that care can be provided by a maternity nurse-in-training. We work together with several school and multiple learning trajectories. Maternity nurses-in-training practice their profession under expert guidance.

#### The Working Hours Act and collective labour agreements

When employing maternity nurses, Kraamzorg de Waarden complies with the Working Hours Act and collective labour agreements (CAOs).

### Other terms and conditions

If the terms and conditions are not complied with during the provision of care, you can talk with the maternity nurse about it. If no solution is found she will contact her team coach, who will then try to find a suitable solution with you.

#### BSN control

Our staff is legally required to check your BSN when care starts, so the maternity nurse will ask you for a legitimate form of ID.

#### Confidentiality

The staff of Kraamzorg de Waarden is bound by confidentiality regarding anything they hear, see or experience during the performance of their duties.

#### Reporting code

Any institution that comes into contact with children is required to work with the national reporting code. The purpose of the reporting code is to support professionals in dealing with signs of domestic violence and child abuse.

#### Evaluation

To keep improving the quality of our care services, we highly value your opinion. You can give us feedback on the customer evaluation form that will be sent to you digitally a few weeks after the postnatal care ends.

### Complaints

Though we strive to give you the best possible care, there may be situations in which you are not fully satisfied with the care provided. If you do not arrive at a solution with the maternity nurse, please contact our complaints department. Submit your complaint promptly, so that we can try solving it during the postnatal care period. Any complaints about damage must be submitted in writing within five working days of completion of the postnatal care.

If your complaint is not handled satisfactorily, you can let us know –

preferably in writing and immediately. The complaints procedure at Kraamzorg de Waarden complies with the Healthcare Quality, Complaints and Disputes Act (WKKKGZ). For more information, see the complaints procedure in our website.

#### Participation Council

The Participation Clients of Care Institutions Act stipulates that every care provider must have a participation council. This council promotes the interests of clients who use maternity care. It also assesses the effects of the organisation's policy on the care and services provided to clients.

To this end, it gives requested and unrequested advice to the management on topics relevant to clients. The council follows the organisational policy critically and checks whether the clients' interests are really being listened to. You can reach our participation council by calling 088 130 17 17 or via [www.kraamzorgdewaarden.nl](http://www.kraamzorgdewaarden.nl).





# What things do I need?

## Your layette list

You will need quite a few things during and after the birth. So that you don't forget anything, we have put together a detachable list that you can take with you when you go shopping. The maternity package is easy to order via our webshop: [www.dadashop.nl](http://www.dadashop.nl).



**Tip:** It is recommended to wash the layette in advance, for reasons of hygiene and to avoid skin irritations. Do not use fabric softener. You can use a clothes dryer.

Before you buy, we recommend you visit [www.ncj.nl](http://www.ncj.nl) or [www.veiligheid.nl](http://www.veiligheid.nl) for information about the various things you will be needing.



Every mother-to-be needs a basic maternity package – a layette. You can request this package from your health insurer or order it from our website, [www.dadashop.nl](http://www.dadashop.nl).

### Basic maternity set

- 8 cellulose mats
- 1 pack sterile gauze pads
- 1 cotton wool wads (50 gr)
- 1 sterile umbilical cord clamp
- 1 bottle 70% alcohol
- 2 packs maternity sanitary pads
- 2 packs sanitary pads
- 2 birth mattresses (thin)
- 1 pack maternity sanitary pads (large) or 1 pack paper napkin liners
- a mattress cover or water-resistant molton sheet (place on the mattress 5/6 weeks in advance, cover can be attached with double-sided tape)

### Other supplies

- 1 roll toilet paper
- 1 pack salt (to rinse the birth laundry)
- 2 buckets (one new/clean for the baby bath)
- 2 trash bin liners
- emergency lighting (torch)
- 1 soap pump or hand gel, unscented (if it isn't included in the maternity package)
- 1 bottle disinfectant (if requested by your obstetrician)
- 1 measuring cup or bottle with nozzle (to rinse)
- 1 pack plastic sandwich bags (to dispose of sanitary napkins)
- 1 pair long sterile gloves (required for water birth at home)

Important: For a birth bath at home, have long sterile gloves for the maternity nurse. Without these gloves she is not allowed to assist you with the water birth.

### Mother

- 1 digital clinical thermometer (no ear thermometer)
- 3 sets bed linens (2 if there is a dryer at home)

### Baby

- 1 clinical thermometer (no ear thermometer)
- min. 3 rompers, sizes 50-56, 62-68\*
- min. 3 clothing sets, sizes 50-56, 62-68\*
- 2 caps\*
- 12 hydrophilic nappies/cloths\*
- 6 hydrophilic washcloths\*
- 8 spit cloths\*
- 2 packs disposable nappies, or 18 nappies (preshaped) with accessories if using cotton nappies\*
- cradle or crib and mattress\*
- 2 moltons or flannel slipcovers\*
- 3 bottom sheets or fitted sheets (2 if you have a dryer)\*
- 3 top sheets (2 if you have a dryer)\*
- 2 baby blankets\*
- 2 aluminium seamless hot water bottles\*
- 2 hot water bottle sleeves (non-padded)\*
- 1 changing mat
- 1 baby bath and 1 bath stand (preferably with drain stopper)
- baby wash gel
- 1 hairbrush and comb
- 2 bad caps or 2 large bath towels\*
- vaseline (for buttocks/face)
- as needed: carton nail file

### For formula feeding

- 2 bottles\*
- 2 pacifiers, special for newborns\*
- 1 bottlebrush
- type of food in consultation with obstetrician or GP

### For breastfeeding

- nursing bra (2 or 3)
- nursing pads
- as needed: storage containers or bags
- as needed: nursing pillow

### Vitamins

- Vitamin K, only for breastfeeding
- Vitamin D, for both formula and breastfeeding

**Tip:** You cannot get the breastfeeding started, are having problems with it, or want to stop because you're going back to work? You can order an electric breast pump from [www.dadashop.nl](http://www.dadashop.nl).

### Supplies for household tasks:

- 6 household cloths (washable at 60°C)
- 1 mop
- 1 mopping stick
- 1 portable laundry basket

### Supplies you can order from [www.dadashop.nl](http://www.dadashop.nl).

- bedpan
- bed raisers
- a back support, as needed

\* Adjust the number of articles depending on the number of babies. If you expect a small baby, adjust the size of the clothing too.

# What do I bring to the hospital?

## Giving birth at the hospital

Your obstetrician or GP will determine when exactly you will go to the hospital for the birth. You can reach us 24/7 at 088 130 17 18. Call as soon as possible after your baby is born (even if it's the middle of the night), once you have signed 18the discharge papers.

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### For the mother-to-be:

- hospital card
- proof of identity
- insurance card
- pregnancy card
- Kraamzorg de Waarden care plan
- your regular medication
- glasses or contacts
- two pyjamas/nightgowns or loose-fitting
- T-shirts
- toiletries and cosmetics
- enough comfortable underwear and a supportive (nursing) bra
- comfortable socks, not too tight
- bathrobe
- slippers
- a set of clothes to go home
- parking money and change for a wheelchair
- cell phone and charger
- camera
- tablet/iPad/music
- reading material
- something to eat and drink

### For the baby:

- Romper(s) of top(s), e.g. sizes 50/56 and 62
- 2 sets of clothing: 1 set if you have to stay overnight, 1 set if you can go home
- socks
- cap
- coat
- blankie
- approved car seat





# What should I pay attention to?

## Safety advice

Your child's safety is of course first and foremost. Kraamzorg de Waarden keeps abreast of the latest developments in the field.



### Safe sleep

Here are some recommendations so that you can create a safe sleeping environment for your baby. The cradle or crib should have a bottom with ventilation holes or a slatted base. Air must circulate, so the sides should not be closed. The distance between the rods must not exceed 6.5 cm. Crib bumpers are not recommended. Children younger than 2 years sleep the safest in a baby sleeping bag or under a blanket with a sheet. A sleeping bag is safe when it fits properly and the neck and arm holes go in at the right place. Make the bed with the blanket and sheet in a solid and short fit, with the feet against the foot of the crib.

### Blanket, sheet and mattress cover

Do not use a loose blanket and/or sheet in the cradle or bed, as it could obstruct the baby's breathing.

### No stuffed animals in the bed

The baby can sink its nose and mouth into a stuffed animal, obstructing its breathing. When buying stuffed animals, watch out that they don't have any soft plastic parts.

### Hot water bottles

When using hot water bottles, safety and prevention of burns is very important. You should therefore be alert for the following with bottles:

- Does the cap have an inner rubber cap that is in poor condition? Replace the rubber or the entire cap.
- Is the bottle damaged, does it have rust stains or dents? Do not use the bottle.
- Is the screw thread damaged? Do not use the bottle.
- Always check the bottle for leaks. Does the cap leak? Then replace the cap or the entire bottle. Use of other/electric models is at your own risk.

If you have any concerns or want more information about a specific product or product group, visit [www.NCJ.nl](http://www.NCJ.nl), [www.veiligheid.nl](http://www.veiligheid.nl) and [www.consumentenbond.nl](http://www.consumentenbond.nl).

### Baby changing table

The baby changing table should be solid. A good working height is around 90 cm.

### Baby tub or sink

Whether you bathe the baby in a baby tub or sink, the recommended height is 90 cm.

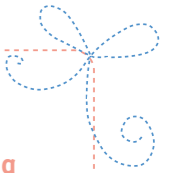
### Smoking? Not near the little one

We strongly advise against smoking during and after pregnancy or in the immediate vicinity of your child.

- There is clear link between smoking and crib death. Chances of crib death are higher if the mother actively smokes during and after the pregnancy. Passive smoking also increases the risk of crib death.
- Babies and young children are sensitive to smoke. The smoke irritates the eyes and the mucosa of the mouth, nose, throat and airways.
- Babies and young children who grow up in a smoky environment are in fact already beginning to smoke at a young age. This can be detrimental to the child's health in the short and the long term.
- Children whose parents smoke have clearly higher chances of developing airway problems that children of non-smokers. Chances of asthma are likewise demonstrably higher when parents smoke around the baby.
- For more information, visit [www.rokeninfo.nl](http://www.rokeninfo.nl) and [www.ikstopnu.nl](http://www.ikstopnu.nl).

It goes without saying that our maternity nurses will not smoke in your house.

You can find more information about safe sleep and a safe sleeping environment for your child at [www.opvoeden.nl](http://www.opvoeden.nl) and [www.veiligheid.nl](http://www.veiligheid.nl).





# And when I go into labour?

## The baby announces itself

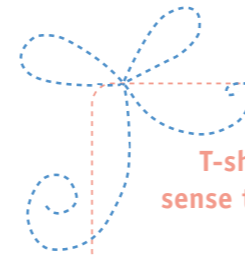
You're finally there: you're going into labour! If you prepare in advance you will feel more confident and relaxed.

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### Labour and postnatal care at home

Your obstetrician or GP will determine when it's time to contact Kraamzorg de Waarden. We are reachable 24 hours a day at phone number 088 130 17 18. If you want the maternity nurse to be there earlier, you can use early delivery assistance. Discuss this with your obstetrician.



**Tip: Before labour, have a loose-fitting T-shirt ready. Even for home births it makes sense to have things ready if you unexpectedly have to deliver the baby at the hospital.**



### What should happen first?

- Bring both the room where you will be delivering and the baby room to a temperature of 23°C.
- Place one or two hot water bottles in the cradle or bed. It is helpful to wrap the baby's clothes around a hot water bottle. Have six nappies ready and place two buckets by your bed: one for the wash and one with a bin liner for gloves, maternity mats, pads, placenta, etc. Have a torch ready just in case you lose power unexpectedly.

The maternity nurse will need a table to place all her materials (an ironing board will also do).

### Birth at the hospital and postnatal care at home

Your obstetrician or GP will determine whether you should go to the hospital to deliver the baby. In many cases the maternity nurse will come along to the hospital to support you and assist the obstetrician if the birth location changes. After the baby is born, contact us as soon as possible to let us know when you are returning home.

**Tip: To transport your baby from the hospital to its new home, we advise you to use a car seat that meets all the European safety requirements. Practise using the car seat beforehand so that you know how it works.**

You can call us 24 hours a day at 088 130 17 18. We will coordinate with you the time at which the maternity nurse will come to your home.

### Call us

1. As quickly as possible after your baby is born (also at night).
2. Once you have signed the discharge papers.

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# How about the JGZ (Children's healthcare services)?

## What homecare can do

Postnatal care and the JGZ are different, but the JGZ can also help you before, during and after your postnatal care.

Our maternity organisation and Children's healthcare services are two different organisations that collaborate with each other. Children's healthcare services is involved in the following aspects of maternity care:

- organising pregnancy and postnatal gymnastics;
- offering parenting courses;
- running a free clinic for infants and toddlers;
- information and advice about your baby's growth and development.

### Hearing test and heel puncture

During the first postpartum week someone from youth services will come to you. She will give your baby a

### Transfer

At the end of postnatal care the maternity nurse and your obstetrician will jointly transfer you to the Children's healthcare services in your region. Verbal transfers are also made in special circumstances.

### Free clinic

The district nurse will make an appointment for an intake visit at your home. She will explain how things work with the free clinic and enter information into your baby's medical record, plus answer your questions about care and feeding. At the clinic, the physician and the nurse will give you advice about feeding, care and parenting, and your child will receive

regular physical examinations. Your child may also get vaccinated against certain diseases.



# Where can I go for..

## More information about breastfeeding

**Kraamzorg de Waarden lactation specialists**  
phone: (088) 130 17 17  
(Mon-Fri office hours)  
(088) 130 17 18  
(Sat-Sun & Holidays 10 AM-noon)

**La Leche League Nederland (breastfeeding information)**  
phone: 0111 41 31 89  
www.lalecheleague.nl

**Kenniscentrum Borstvoeding (breastfeeding information)**  
www.borstvoeding.com

## More information about parenting, product safety and safe sleep

**www.opvoeden.nl**  
Informational website for reliable information about parenting, from preconception to puberty.

**VeiligheidNL**  
phone: 020 511 45 11  
www.veiligheid.nl

**Consumers' Association**  
www.consumentenbond.nl/veilig-slapen

**More information about pelvic issues**  
www.bekkenbodem4all.nl  
helpline: 0184-641812  
(Mon 9 AM-noon & Thu 1-4 PM)

**Nutrition**  
phone: 070 306 88 88  
www.voedingscentrum.nl



**More information about smoking**  
www.rokeninfo.nl and www.ikstopnu.nl

**www.deverloskundige.nl**  
Website of the obstetricians' association, with extensive information about pregnancy, birth and postnatal care.

## And if I want to read more?

On the Internet you can find a variety of informative, beautiful, funny and cool books about pregnancy, birth, nutrition and parenting. You can also borrow many of these books from the public library.





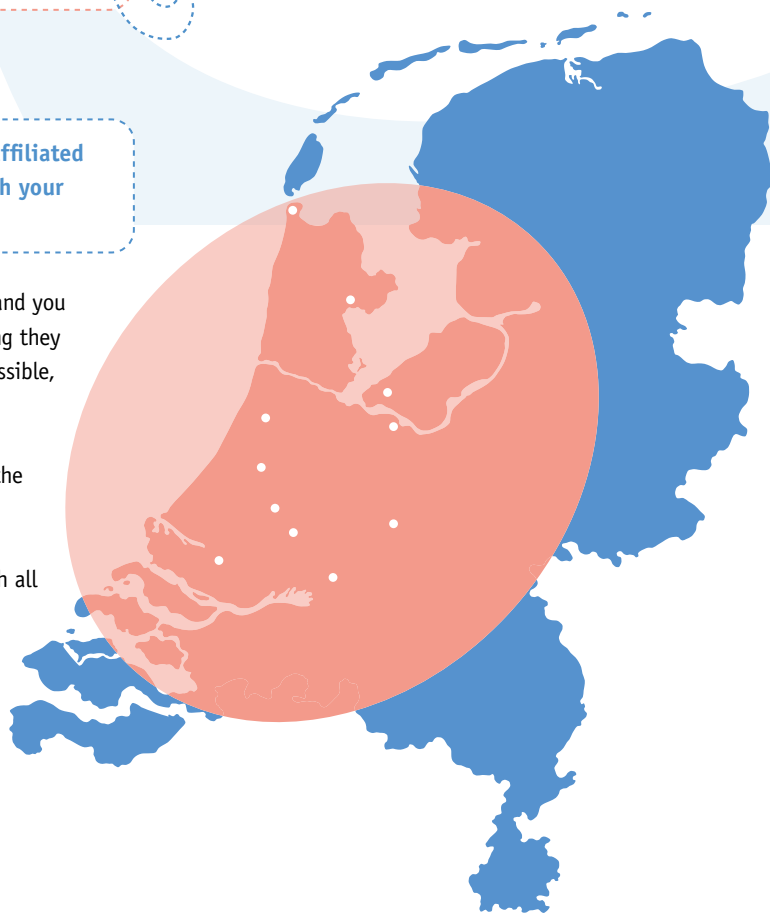
For more information, visit our extensive website [www.kraamzorgdewaarden.nl](http://www.kraamzorgdewaarden.nl)

Our maternity nurses work in small teams and are either affiliated with your obstetrician's practice or collaborate closely with your obstetrician or GP.

Kraamzorg de Waarden is a reliable and professional organisation, and you will experience that our licensed maternity nurses will do everything they can to make your postnatal care go as pleasantly and as well as possible, giving your new family the best possible start.

Kraamzorg de Waarden works in conformity with the guidelines of the WHO code and UNICEF, and has an ISO/HKZ quality certificate. Kraamzorg de Waarden employs certified lactation specialists for questions about feeding. Kraamzorg de Waarden has a contract with all Dutch health insurers to provide maternity care.

Kraamzorg de Waarden has locations in Almere, Alphen aan den Rijn, De Bilt, Den Helder, Gorinchem, Gouda, Hillegom, Hoorn, Huizen, Oud-Beijerland and Schoonhoven.



#### Stichting Kraamzorg de Waarden Groep

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2870 AH Schoonhoven  
General phone 088 130 17 17  
Delivery line 088 130 17 18  
[info@kraamzorg.org](mailto:info@kraamzorg.org)  
[www.kraamzorgdewaarden.nl](http://www.kraamzorgdewaarden.nl)