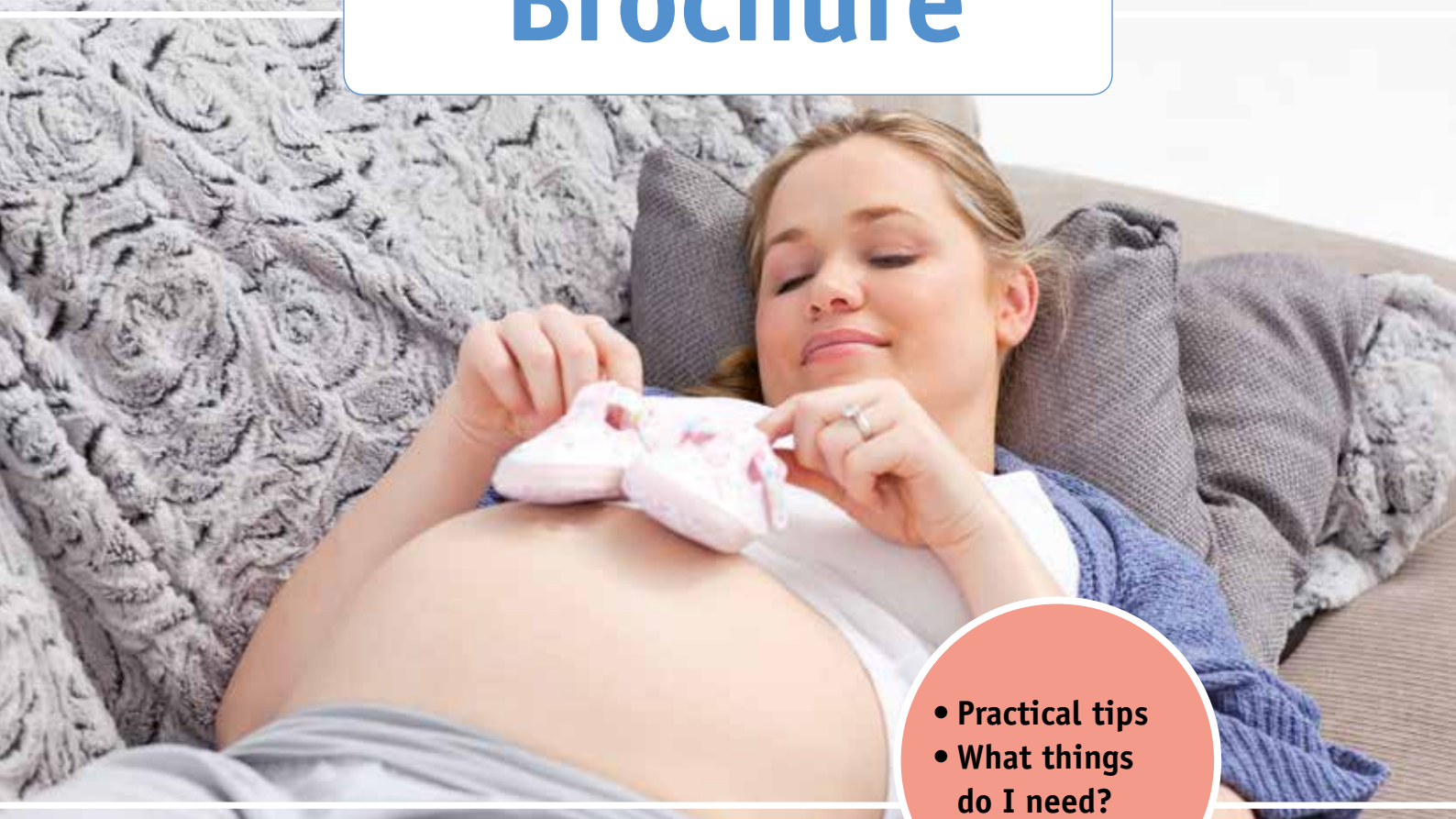


Kraamzorg de Waarden


Information Brochure



- Practical tips
- What things do I need?

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First of all, we would like to congratulate you on your pregnancy!

A very special time lies ahead of you: your pregnancy, the birth of your baby and the maternity time. A period of intense happiness, but also full of questions, choices and uncertainty. Kraamzorg de Waarden will be happy to support you and help you have an unforgettable pregnancy and maternity time.

Kraamzorg de Waarden is a reliable and professional organisation. Our fully qualified nurses will do everything they can to provide the best possible care and to give you and your new family a good start. In this brochure we want to

tell you all about our organisation, your wishes and our possibilities.

Happy mothers and happy babies with Kraamzorg de Waarden.



What can Kraamzorg de Waarden do for me?

Maternity care in a nutshell

- **Maternity care**
- **Reliable and familiar**
- **Mijndewaarden.nl**
- **New! My maternity package**
- **Papagina**
- **Bed raisers and other practical things**
- **Breastfeeding support**
- **Intake**
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- **Our maternity nurses**
- **Home birth support**
- **Care for mother and baby**
- **General health information and advice**
- **Basic house keeping**
- **Evaluation**
- **Reachable 24/7**

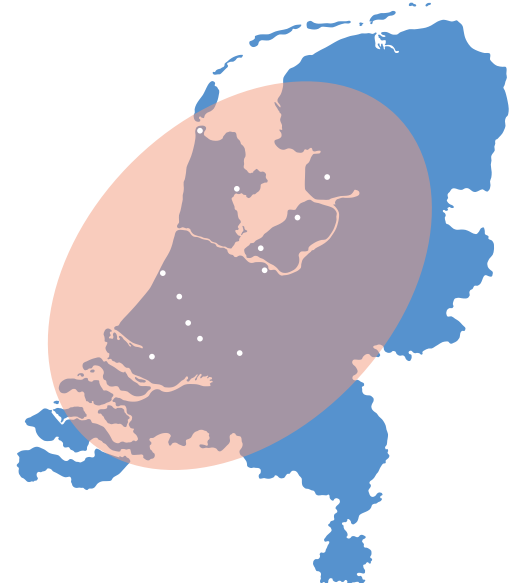
Maternity care

Our first objective is your unforgettable and happy maternity time. We know – like nobody else knows – that each and every pregnancy and birth is unique. And so, our carer will always try and fine-tune your maternity care to your specific wishes and preferences. We will try our very best for you to have the same carer

every day: a familiar face in your home. Our maternity nurse will see to rest and routine, so that you as a young mother can recover and enjoy your new-born baby and your maternity time as much as possible. Eventually, you will be ready and confident in your new family situation.

Familiar and near at hand

Our care workers are organised in small teams and they closely cooperate with your obstetrician or GP. They live throughout our work area, also in your vicinity. That is our unique service: the familiar feel of local carers together with the advantages of a professional, large-scale organisation!





Why don't you arrange for your maternity care now? Register at www.kraamzorgdewaarden.nl or phone 0900 572 26 46, preferably before the third month of your pregnancy.

Mijndewaarden.nl

We want you to know all about your maternity care as soon as possible, which is why we are happy to offer you this brochure. Also, we have a welcoming website telling you all you might want to know: www.kraamzorgdewaarden.nl. After registration, you can log-in onto 'Mijn de Waarden'. This part of our website will tell you all about the development of your baby and your pregnancy on a weekly basis, always with relevant tips & hints, interesting videos, product

information, exclusive offers and lots more. If you are interested in following 'Mijn de Waarden', please do the following: on the website, click the button 'Kraamzorg regelen. Meld je aan', choose the second option 'ik ben een nieuwe klant' and provide the information asked for. Our system will match your information with that of your health care insurer, or the information that is recorded in your registration by phone, so you cannot be registered twice by accident. You will now receive an e-mail to activate your account.

Papagina

We have a special, all-inclusive online service for the father-to-be: www.papagina.nl. On this page young fathers can find all the practical information they need right from the very first weeks of pregnancy up to 10 weeks after birth, all about your pregnancy, the birth, and the maternity period. The content of the website is specifically tuned to his situation and his need for information.

New! My Maternity Care Package

A carefree maternity time, isn't that every mother's dream? What does your ideal maternity time look like? With an interactive program on our website you can simply indicate your personal maternity preferences, for instance taking older children to school, making breakfast, and other specific wishes. You can select your own preferences and compose your own, personal maternity care package. Once you have selected your top 5, it is sent to you by e-mail. A perfect way to have your own say in making your maternity time an unforgettable, happy time in your life, the perfect opportunity for you to recover from the birth and to enjoy! Your preferences are discussed with you during the intake interview and the maternity time.





Bed raisers and other practical things

On our website you can apply for free adjustable bed raisers. And much more is available, of course: bed pans, back supports, shower seats, bedside commodes. Everything is delivered to your home and collected later. All free of charge. It is a good idea to check in advance how many bed raisers you will be needing. As from week 37, your bed should be on a level of 80cm, measured from the top of the mattress.

Breastfeeding support

You are very welcome at one of our special breastfeeding meetings that are held in various places in our work area. They are organised by our lactation consultants, who will give you clear and understandable information about breastfeeding. They will welcome your questions, during your maternity time and also afterwards. You can also ask for their advice by phone or by mail. For more information, have a look at our website.

Intake interview

Our consultant will contact you in about the 25th week of your pregnancy in order to make an appointment for an intake interview. This will take place before the 34th week of your pregnancy. In case of a multiple birth the intake is done is about the 32nd week of your pregnancy. If this is your first baby, the interview is done in your own home. In case of second or further children, the interview is usually done by means of a telephone call from our consultant. If there should be any special circumstances, a home interview is possible. Please tell our consultant about these circumstances when you are called for an appointment for the intake interview.

The intake interview includes information about your pregnancy, the delivery, and your maternity time. In the interview you and our consultant will together decide on the quantity of maternity care, indicated on the basis

of the 'Landelijk Indicatie Protocol'. Of course, all your questions are welcome.

Quantity of maternity care

Nothing is more important than a good start for you and your baby. For that reason a national indication protocol (the so-called 'Landelijk Indicatie Protocol') is used in the Netherlands. It is meant as an instrument to decide on the quantity of maternity care in an objective and transparent way. Together with you, our consultant will decide the number of maternity care hours that is suited to your personal circumstances. The hours the maternity nurse is with you when you give birth in your own home, are so-called "birth hours", which are separate from the maternity care hours. After your delivery and during your maternity time, the number of hours is evaluated to see whether it is still suited to your situation. If necessary, a decision is made together with the obstetrician how many hours are still needed. In addition to the indicated number of hours, you are welcome to buy extra hours, at your own expense.

One regular maternity nurse

Kraamzorg de Waarden will do their utmost to provide care from one, regular maternity nurse for the full duration of your maternity time. However, this may not always be possible, due to work peaks, holidays or illness. Also, we have to comply with Collective Labour

New! Early delivery support

All our maternity nurses are qualified for the early provision of delivery help. This means that you can call for a maternity nurse at an earlier moment. She can come to your home already during dilatation. A safe and familiar environment is good for a smooth, normal delivery and speedy recovery after birth. The nurse can motivate and support you and your partner when the contractions begin. If you should want some time together, the nurse is still close at hand if you should need her. If you are interested in this type of early delivery help, please discuss this with your obstetrician so that she knows that the nurse should be called for earlier. This care time is also paid for by your insurer. It is considered so-called “birth hours”, which are separate from regular maternity care time. As such, they are not deducted from your regular care time.

Agreements and the Working Hours Act, which provide for compulsory resting hours for our employees. All our nurses are certified and qualified; they love their work.

If a change of carers is necessary, the transfer of information and duties is

guaranteed by the fact that our maternity nurse is in daily contact with you about your wishes and preferences, and our possibilities. All arrangements are recorded in the care plan.

Deferred maternity or incubator aftercare

This type of care is especially meant for mothers whose baby only comes home after ten days, because the baby needs incubator care or for some other reason. The care includes care for the baby, information and advice. Check with your health insurer or your policy information to see whether you qualify for this care.

Health insurers

Kraamzorg de Waarden maintains agreements with all health insurances companies for the provision of maternity care. All indicated care time is paid for by the insurers, except for your statutory contribution. If you have a supplementary or extra-supplementary insurance, check your policy conditions

to see whether your statutory contribution is (partially) covered or not. Feel free to contact us if you have any questions.

Care guarantee

As we are a large but also a flexible maternity care provider, it goes without saying that Kraamzorg de Waarden can offer you a care guarantee. This means that - under whatever circumstances - you are always assured of maternity care, also during holiday periods or in case of unexpected baby booms.

Home or hospital?

Do you want a home birth or do you prefer the hospital? Not always an easy choice. Both have their pros and cons. It is important for you to choose a place where you can feel at ease.

Home birth

Our country is unique because so many women give birth in their own home. The obstetrician and the maternity nurse are well qualified to help you if



you opt for a home birth. You get extra care hours for this help at your delivery. The obstetrician or the GP decides when the maternity nurse should be called for. We can be reached 24/7 at telephone number 088 130 17 18.

Hospital birth

If you have your baby in a short-stay unit in hospital, you go back home as soon as possible after birth. You do not go to the hospital until dilatation has started. The obstetrician makes the call to the hospital. In some hospitals our maternity nurses are available to help at deliveries.

Transportation is your own responsibility. The costs of a delivery in a short-stay unit are not covered by health insurance. As soon as you know when you are released from the hospital, you can call for a maternity nurse. However, if you give birth in a hospital on medical grounds, the costs are covered by your insurance.

Birthing centre

Throughout the country, more and more so-called birthing centres are set up. No medical indication is needed for these centres. Your own obstetrician will accompany you and in a number of these centres you may be helped by our own maternity nurses. The costs are the same as those of a short-stay-unit.

New! Start-up care

After your delivery in a hospital or a birthing centre, you want to go back to your own home as soon as possible, even at night. To help you and your baby on your way, we provide so-called start-up care. This means that, even at night, you can rely on your maternity nurse. She will help you feeding the baby, she will run regular checks, she will teach you how to put your baby to bed, in short, she will support you with a lot of practical help and advice. The minimum quantity of start-up care is two hours. This type of care is especially meant for you, to help you on your way when you come home with your baby from the protected environment of the hospital. Regular maternity care is resumed the very next morning.

Breastfeeding and formula feeding

Breastfeeding

Breastfeeding is the best and most beautiful start you can give to your baby. We will do our very best to make your breastfeeding a success. You can rely on the full support of our nurses. Also, Kraamzorg de Waarden has so-called lactation consultants, for extra support and help whenever needed. Advantages of breastfeeding for your baby:

- protection against infections
- protection against allergies

- natural and balanced nutrition
- Advantages of breastfeeding for the mother:
- it may help bonding between mother and baby
 - breast milk is always available and of the right temperature

Formula feeding

There may be a variety of reasons to opt for standard formula feeding. In case of allergies and / or eczema within the family, for instance.

And if you decide not to breastfeed, hypo-allergenic formula feeding may be a good alternative. Do not start this on your own but consult your obstetrician or your GP first. For eventualities, make sure there is a package of formula and a bottle in the house. Of course, our nurse is always there to help you if you opt for formula feeding. She will tell you all about the correct preparation of your baby's bottle. Formula feeding has its advantages, too:

- anyone can do the feeding
- you know exactly what your baby gets

Our maternity nurses

All our nurses are certified maternity nurses. They are continuously trained and retrained, keeping up-to-date with the latest in the field. Our carer will always try and fine-tune the care to your personal, specific needs and she will behave with respect to your private life-



style and religious convictions. Within our organisation, care is based on mutual respect. Even in case of a caesarean or a multiple birth, our nurses are there for you to rely on. All our maternity nurses are fully qualified in First Aid and resuscitation.

Home birth

If you opt for a home birth, you will find your maternity nurse a reliable and professional help to the obstetrician or GP. Extra care time is available for delivery assistance. This time is not deducted from the regular maternity care hours. Your maternity nurse will see to it that everything is ready for the delivery, she will support you and your partner and create a relaxed atmosphere. She will assist the obstetrician during the delivery. After delivery, she

will care for you and your baby, and will stay with you for at least two hours after birth. She will closely monitor your and your baby's health condition.

Care for mother and baby

Our nurse will help you with your personal and physical care. On a daily basis she will check your temperature, pulse, flow, uterus position, breasts, legs, urination, defecation and possible stitches. In a nutshell: she will look after your complete personal well-being and she will see to it that you get enough rest. The care for your baby includes checking urination, defecation, umbilical stump, colour, respiration, drinking and weight. Your nurse watches your baby's well-being as much as yours. All checks are recorded in the care plan so that the obstetrician or GP is always up-to-date with everything. If your or your baby's medical situation should make this necessary, the maternity nurse will contact the obstetrician or GP.

General health information and advice

The maternity nurse will teach you how to care for your baby, giving you information, advice and useful tips. She plays an important role in coaching both breastfeeding and formula feeding.

Basic housekeeping

Depending on the available care time,

our carer can do some basic housekeeping, in addition to her care for you and your baby. Thus, she will contribute to hygienic conditions for the benefit of mother and child. In addition to the regular duties of our nurse, you may make your own arrangements with her with respect to other things that you find important. Arrangements can be made by mutual agreement and if care time allows. You will find your nurse has a willing ear, welcomes visitors, and also gives her attention to the other members of the family and involves them in the care for the new-born. And of course, she will pamper the new mother a bit.

Evaluation

On a daily basis the maternity nurse will discuss your wishes with you, and our possibilities and how things are going. All arrangements are recorded in the care plan so that obstetrician, GP and colleagues of our organisation are always well-informed.

Just a phone call away

Has your nurse gone home but you have a question or there is something you feel awkward about? Our professionals are always just a phone call away, 24/7. The phone number is 088 130 17 18. There is always somebody to answer your question. If necessary you are referred to an expert or an expert is asked to call you back.

Who will I be dealing with?

The professionals of Kraamzorg de Waarden

Kraamzorg de Waarden not only employs maternity nurses.

You may meet other professionals of our organisation, too.



Intake consultant

In the intake interview our intake consultant will tell you all about your pregnancy, the delivery and your maternity period. Together with you, she will decide on the quantity of care time, based on your personal situation and the 'Landelijk Indicatie Protocol'.

Maternity nurses

It goes without saying that our professional maternity nurses are all fully qualified and have ample practical experience. Every year, they are trained and retrained thoroughly, so that they are always up-to-date with the latest developments in the field.

Also, Kraamzorg de Waarden sees the professional training of their nurses as a social responsibility. Employees are adequately trained for their professional daily practice as maternity nurses. Trainees and new colleagues are coached during a (full) maternity care cycle by an experienced nurse to learn

all the ins and outs of daily practice. We may need to ask you to welcome, in addition to your regular experienced nurse, a trainee in your home as part of her training programme.

Workplace trainer

A workplace trainer coaches maternity nurses during their training period. Together with you and the trainee, she will discuss the care that is provided and she will keep an eye on your personal circumstances. By mutual agree-

ment, the trainer may be present on a daily basis to offer her support.

Lactation consultant

Our breastfeeding specialists (lactation consultants) are always ready for you if need help and support in your personal situation. If you have problems breastfeeding, or if your milk flow is slow, your first line of help is your maternity nurse. You can reach her by phone 088 130 17 17 or mail lactatiekundige@kraamzorg.org.

Every year she is especially trained by our lactation consultants so that she is ready to give optimal help and support if there are any problems. If this should be necessary, the nurse, the obstetrician or you yourself can always contact our lactation consultant. She can offer her expert advice by telephone or she may visit you in or even after your maternity time. Many health insurers cover this care in part or in full.

Team coach

The team coach is the supervisor of the maternity nurse. As such, she may make a house-call during the maternity period.

Planner

The planner is responsible for the organisation of the work of our carers. She will always take into consideration what you and the intake consultant have agreed on during the intake interview.

Care administrative worker

Our care administrative worker is responsible for all administrative and financial affairs.



Tip: Our lactation consultant can even help you after your maternity time.

What do I really need to know?

Formal conditions to our maternity care

Of course, there are also formal conditions to the care that we provide. With regard to administrative matters, but also with respect to the working conditions of our carers.



Confirmation of your registration, changing personal information, cancellation

Confirmation of your registration

After your registration for maternity care, by telephone or through the website, in person at the offices of Kraamzorg de Waarden, or through your health insurer, you will receive our information package including the formal care agreement. After signing and returning the agreement, you are indeed registered for your maternity care. If the agreement should not be returned on time, we will contact you after about three weeks.

Changing personal information

In the course of your pregnancy there may of course be changes in your personal situation that are relevant to your maternity care. A change of address, for instance. Or a new telephone number or e-mail address. Or a different health insurer. Please



inform us as soon as possible so that we can keep our administration up-to-date with your personal situation.

Cancellation

If circumstances should occur that you cannot or no longer wish to make use of our maternity care services, please inform us as soon as possible. Unfortunately, in that case we will have to charge you for your registration and for

the intake interview, if this has already taken place.

Formal conditions to our maternity care

Working conditions

Maternity care entails great physical demands on the maternity nurse. For this reason, we would like to point out the following:

- To save the maternity nurse, obstetrician or GP from back problems, your bed should have a height of 80 cm measured from the top of the mattress to the floor. This height is compulsory for both birth and maternity time. If your bed is too low, no bed care will be provided.
- You cannot give birth or be cared for on a water bed. In that case you will have to provide another bed that

can be raised to a suitable working height.

- Leads, plugs and electrical appliances which the maternity nurse has to work with should be safe.
- The place in which the maternity care is to be provided should be easily accessible.
- Running water should be available on the floor where the delivery is taking place and where you will spend your maternity time.
- In virtue of the Tobacco Act, the maternity nurse is entitled to a smoke-free working environment. Therefore, we kindly request you not to smoke in the presence of the maternity nurse.

Transportation expenses

The expenses incurred by the maternity nurse on her way to and from your home are covered by Kraamzorg de Waarden. If the maternity nurse has to use her own car for the benefit of your family, a kilometre charge of € 0.27 is payable, directly to the maternity nurse. Your family members are only allowed to ride with the maternity nurse if she has a passenger insurance. If the maternity nurse should have to make use of your car, you are liable for all damages possibly caused by the maternity nurse.

Parking

Parking may be a problem in urban areas. If this is the case in your neigh-



bourhood, we kindly request you to apply for a parking permit for your maternity nurse. If the maternity nurse has to pay for parking, you will have to pay her back.

Keys

Lending keys to your maternity nurse is your own responsibility. Kraamzorg de Waarden accepts no liability 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 damage a € 45 excess per event applies. Any damages must be reported to our organisation without delay.

Division of responsibility between maternity nurse and obstetrician
The obstetrician is responsible for the confinement. If there should be any problems, our maternity nurse will always consult with the obstetrician.

Privacy policy

Kraamzorg de Waarden is committed to a set of privacy regulations. And so, you can request in writing what information about you our organisation holds and you can check who has access to this information.

Medication policy

Our maternity nurses are not allowed to administer medicines. This is the responsibility of the obstetrician or GP.

Student nurses and trainee nurses

Kraamzorg de Waarden is an official workplace training employer, which means that care may be provided by a student nurse. We closely cooperate with various schools and training institutes. Student nurses are supervised by a fully qualified maternity nurse.

Collective Labour Agreements and the Working Hours Act

Kraamzorg de Waarden is bound to comply with all stipulations of the applicable Collective Labour Agreements and the Working Hours Act.

Other terms and conditions

For the other terms and conditions that apply to the provision of maternity care by Kraamzorg de Waarden we would like to refer you to the General Terms of Delivery, available on www.kraamzorgdewaarden.nl

If, during the maternity care period, the conditions should at any time not be complied with, the maternity nurse will discuss this with you. If no satisfactory solution is found, she will contact her team coach, who will then, together with you, try to find a suitable solution.

What else is important?

More about our maternity care

BSN

Our employees are obliged by law to check your BSN. She will ask you for valid identification.

Professional secrecy

The employees of Kraamzorg de Waarden have an obligation of secrecy with regard to everything they see, hear or otherwise experience in the performance of their duties.

Reporting code

As from 1 July 2013 all institutions that deal with children are legally obliged to work in compliance with the National Reporting Code Domestic Violence and Child Abuse. This code is meant to support professionals in dealing with domestic violence and child abuse.

Evaluation form

We continuously strive to improve our services. We highly appreciate your opinion to help us do so. We welcome your opinion on the digital evaluation form, you will receive this a few weeks after the maternity care.

Complaints

Even though we always aim to provide the best possible care, it may occur that you are not fully satisfied with the provided care. If you cannot solve the problem together with your maternity nurse, please contact our organisation. It is best to report your complaint as soon as possible, so that we can try to solve the problem even during your maternity time. In all events, any complaint should be reported within one year. Complaints about damages should be reported in writing within 5 working days after completion of the maternity period.

If your complaint should not be dealt with to your satisfaction, you have to notify us in writing, as soon as possible. Kraamzorg de Waarden is committed to a complaint protocol that is compliant with the requirements of BO-Kraanzorg. For more information, we would like to refer you to the Complaint Brochure on our website.



Participation council

The Participation Clients of Care Institutions Act provides that every care provider must have a participation council. This council promotes the interests of the clients who receive maternity care. It monitors the effects of the policy of the organisation on the services and care provided to the clients. For this purpose the council, either by request or not, tenders its advice to the Board with respect to subjects that are of relevance to the client. Also, it critically follows the policy of the organisation and it checks whether the interests of the client are duly represented. Our participation council can be contacted on telephone number 088 130 17 17 or through www.kraamzorgdewaarden.nl.

What things do I need?

Layette

You are going to need a lot of things, for the birth and for the time after. To help you not forget anything, we have made up a layette list for your convenience.



Every mother-to-be needs a basic childbirth set. This basic set is supplemented with the things you need in case of a home birth.

Basic childbirth set:

- 5 cellulose mats
- 1 package of sterile gauze pads
- 1 package of cotton wool wads (100 gr)
- 1 sterile umbilical cord clamp
- 1 bottle of soap, unperfumed
- 1 bottle of 70% surgical spirit
- 2 packages of maternity sanitary pads
- 2 packages of sanitary pads

Extras for a home birth:

- 2 birth mattresses (thin)
- 3 cellulose mats
- 1 package of maternity sanitary pads (large), or 1 package of paper nappy liners

A layette list for a multiple birth is available on our website.

Tip: It is a good idea to wash the baby's things beforehand, for hygiene and against possible baby rashes. Do not use fabric softeners. A tumble-dryer is no problem.



Further necessities:

- 1 bottle of disinfectant (if the obstetrician so requires)
- 1 measuring jug (with squirt cap for rinsing)
- 1 roll of toilet paper
- 1 package of salt (for rinsing the birth laundry)
- 2 buckets (1 new or clean to fill the baby's bath)
- 1 package of sandwich bags (for disposing of sanitary pads)
- 2 bin bags
- emergency lighting (torch)
- 1 protective bed cover (for the mother's bed)

Necessities for the mother:

- 1 digital clinical thermometer (not an ear thermometer)
- 3 sets of clean bed linens (2 if there is a tumble dryer)

Necessities to be ordered from www.kraamzorgdewaarden.nl

- bed pan
- bed raisers
- back support (if necessary)

Necessities for the baby:

- 1 digital clinical thermometer (not an ear thermometer)
- 3 rompers size 50 – 56
- 3 sets of clothing size 50 – 56
- 2 caps
- 12 hydrophilic nappies
- 6 hydrophilic washcloths
- 8 cloth wipes
- 2 packages of disposable nappies or, if you use cotton nappies, 18 nappies (preformed) with accessories
- cradle or cot
- mattress
- 2 flannel sheets or flannel covers
- 3 bottom sheets (or 2 if there is a tumble dryer)
- 3 top sheets (or 2 if there is a tumble dryer)
- 2 blankets
- 2 metal hot water bottles (seamless)
- 2 hot water bottle covers
- 1 changing unit
- 1 baby bath and a bath stand
- baby wash gel
- 1 hair brush and comb
- 2 bath capes or 2 large bath towels
- Vaseline (for face and buttocks)

In case of formula feeding:

- 2 bottles
- 2 teats for new-borns
- 1 bottle wiper
- formula in consultation with obstetrician or GP

In case of breastfeeding:

- the breastfeeding start set

Household necessities:

- 6 household cloths (washable at 60°)
- 1 floor cloth
- 1 mop
- 1 portable laundry basket

All necessities may simply be ordered through our web shop www.dadashop.nl

Advice: Before you do your shopping, it is a good idea to have a look at www.wiegedood.nl or www.veiligheid.nl. There is lots of information there about a variety of products.

What should I pay attention to?

Safety advice

The safety of your baby is of obvious and overall importance. Kraamzorg de Waarden is fully up-to-date with the latest developments in this field.



Safe sleeping

Of course a safe place to sleep is very important for your baby. We would like to give you a few tips.

The cradle or cot should have a perforated board or a slatted bed base. The sides must not be fully closed as the air should be able to freely circulate. The distance between the bars must not be more than 6.5 cm. We advise against the use of a so-called bumper.

Cotton or woollen blankets are preferable, as are cotton sheets. Duvets are not recommended for children under 2.

Pillow case and rubber sheet

Do not use a loose pillow case or rubber sheet in the baby's bed: they may hinder the baby's respiration.

Cuddles in cot or cradle

Do not use pillow-like cuddles, as the baby might sink its nose and mouth



into them, hindering its breathing. When you buy cuddles, make sure they do not contain soft plastic.

More information about safe sleeping and a safe environment for your baby is available at www.veiligslapen.info.

Hot water bottles

When using hot water bottles, safety and the prevention of burns are of the utmost importance. For this reason, Kraamzorg de Waarden prefers the use of metal hot water bottles. And even then, you should always pay due attention to the following:

- Does the stopper contain a rubber inner stopper and is it still in good condition? If necessary, replace the rubber or the entire stopper.
- Is the bottle damaged in any way? Does it have rusty spots or dents? Do not use it.
- Is the thread damaged? Do not use the bottle.

- Always check the bottle for leaks. Is the stopper leaky? Replace the stopper, or buy a new hot water bottle.

A certified electric bottle can only be used as a second bottle. It cannot keep the baby at The use of other (electric) pitchers is on your own responsibility.

Changer unit

The changer unit must be stable and strong. A good working height is about 90 cm.

Bath or bathing facility

The bath stand or the bathing facility in the bathroom should be about 90 cm high.

Smoking? Never in the presence of the baby

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

- There is a clear correlation between smoking and cot death. The risk of cot death is higher if the mother is an active smoker during and after pregnancy. Passive smoking also increases the risk of cot death.
- Babies and young children are sensitive to smoke. It irritates their eyes, the mucous membranes in their mouth, nose, throat and air passage.
- Babies and young children who grow up in a smoking environment actually start smoking themselves at a very young age, as it were. This may harm their health in the short and in the long term.
- Children whose parents are smokers run a significantly higher risk of air passage defects than children of non-smoking parents. Also, the risk of asthma is demonstrably higher if parents smoke in the presence of their baby.
- For more information, have a look at www.rokeninfo.nl or www.trimbos.nl

It goes without saying that our maternity nurses will never smoke in your home.

When birth begins...

The baby presents itself

At long last the great moment is there: birth is about to start.

Make sure you have made all necessary preparations well in advance: it will save you from a lot of unnecessary stress.

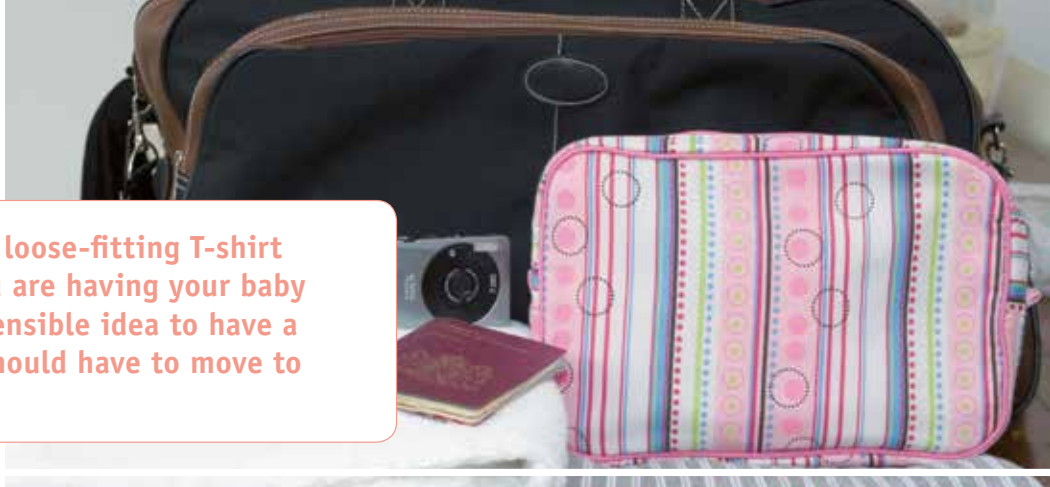


Home birth and maternity care

The obstetrician or GP will decide when the time has come to contact Kraamzorg de Waarden. We are reachable 24/7 at telephone number 088 130 17 18. If you want your maternity nurse to be with you in an early stage, you may opt for our early delivery support service. Discuss this beforehand with your obstetrician.

What comes first?

- Bring the birth room and the baby room to a temperature of 23°.
- Put one or two hot water bottles in the cradle or cot. It is a good idea to wrap the baby's clothes around a hot water bottle. Have six ironed nappies ready and put two buckets by your bed: one bucket with a plastic bin liner for laundry and another with a bin liner for gloves, maternity mats, placenta, etc.
- Have a torch ready for the unlikely event of a power cut.



Tip: Lay out a comfortable, loose-fitting T-shirt for yourself. Even when you are having your baby in your own home, it is a sensible idea to have a hospital bag ready if you should have to move to the hospital unexpectedly.

The maternity nurse will need a small table to lay out her materials (an ironing board will also do fine).

Hospital birth and maternity care

The obstetrician or the GP will decide when the time has come for the mother-to-be to go to the hospital. After birth, please let us know as soon as possible when you are allowed to go home. We can be reached 24/7 at telephone number 088 130 17 18. By mutual agreement it is decided at what moment the maternity nurse comes to your home.

Call us:

1. As soon as possible when the baby is born (even at night).
2. After signing your release papers.

What to put in your hospital bag?

For the mother-to-be:

- hospital ID card
- pregnancy card
- passport or driving license
- insurance card
- two sets of night clothes
- bathrobe
- socks
- slippers
- underwear and a supporting (nursing) bra
- clothes for when you go home
- toiletries and cosmetics
- mobile phone and charger
- camera
- tablet or iPad
- a good read
- your usual medicines
- glasses or contact lenses
- some food, some drink
- parking money/chip card

For the baby:

- romper or vest
- nappy
- socks
- jacket or baby cape
- cap (if necessary)
- clothes for when the baby can go home
- blanket
- certified car seat

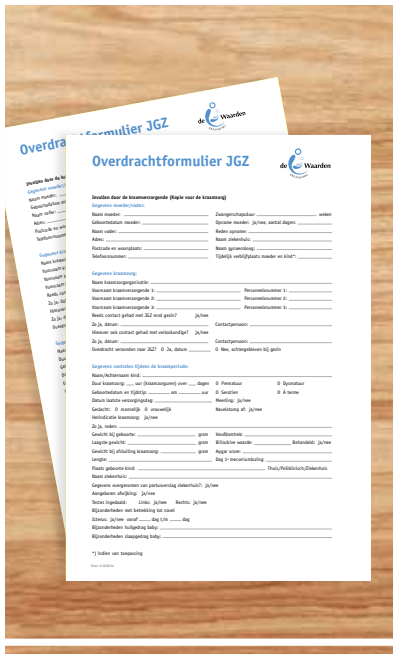


Tip: to take your baby home safely, we recommend a car seat that complies with the European safety requirements

What about homecare?

What can homecare do for you?

Homecare and maternity care are two different things, but homecare, too, may be of great help to you before, during and after your maternity time.



Our maternity care organisation and homecare are two separate organisations that do work closely together, though.

Homecare organisations are responsible for the following maternity-related issues:

- the organisation of ante- and post-natal exercise programmes
- the organisation of parent training programmes
- the organisation of the juvenile health centre
- information and advice on your baby's growth and development

Hearing test and Guthrie test

The health visitor of the juvenile health centre will make a house-call in your maternity time. She will do a hearing test with the baby: both ears are tested, a procedure that may take a few minutes. A blood sample is taken for the Guthrie test. It is also tested for the unlikely occurrence of metabolic disorders.

Transfer of information

Upon completion of your maternity time, your maternity nurse will transfer all relevant care information by phone and / or in writing to the juvenile health centre in your district.

Juvenile health centre

The juvenile health visitor will make an appointment with you for a house-call and intake interview. She will tell you all about how things are organised at the juvenile health centre and she will set up your baby's health dossier. She can answer all your questions about baby care and feeding. At the centre itself, the doctor and the nurse are ready to give you all sorts of advice about feeding, caring and upbringing. Regular physical examinations are part of the procedure. Also, the centre is the place to go for the baby's regular vaccinations.

Where can I go for...?

Addresses

La Leche League Nederland (information about breastfeeding)

Postbus 212
4300 AE Zierikzee
telephone: (0111) 41 31 89
www.lalecheleague.nl

Vereniging Borstvoeding Natuurlijk

Postbus 119
3960 BC Wijk bij Duurstede
telephone: (0343) 57 66 26
www.borstvoedingnatuurlijk.nl

VeiligheidNL

Postbus 75169
1070 AD Amsterdam
telephone: (020) 511 45 11
www.veiligheid.nl

Landelijk Bureau Fiom

Kruisstraat 1
5211 DT 's-Hertogenbosch
telephone: (088) 126 49 00
www.fiom.nl



Vereniging ter Bescherming van het Ongeboren Kind (VBOK)

Postbus 559
3800 AN Amersfoort
telephone: (0900) 202 10 88
(24/24)
www.vbok.nl
www.siriz.nl

Stichting Wiegedood/Veilig Slapen

Voorweg 64
2431 AR Noorden
telephone: (0172) 40 82 71
www.wiegedood.org

Voedingscentrum

Postbus 85700
2508 CK Den Haag
telephone: (070) 306 88 88
www.voedingscentrum.nl

More reading ...

Publications about pregnancy, birth and maternity time

There are many, many books (and magazines) with information about pregnancy, birth and maternity time.

Here, we can only offer a modest selection.



Books

- William Sears & Martha Sears: The Baby Book
Everything you need to know about your baby – from birth to age two.
- Harriet Sharkey: Pregnancy
This is an week by week guide that prepares you for a relaxed and confident birth.
- Ann Douglas: The mother of all pregnancy books
The ultimate guide to conception, birth and everything in between.
- Lesley Regan: Your Pregnancy Week by Week
- Gina Ford/Alice Beer: A contented house with twins
- Clare House: Raising twins
- The essential guide from pre-birth to young adult
- La Leche League International: The womanly art of breastfeeding

Tip: All these books and many more are available from most public libraries.

Kraamzorg de Waarden proudly holds the WHO/UNICEF Breastfeeding Certificate; our breastfeeding policy is compliant with all relevant national guidelines.

“Uit volle borst”

Kraamzorg de Waarden has expertise in the field of breastfeeding coaching and support. And so, our organisation has published a brochure, called “Uit volle borst”. It is a booklet meant to give information to mothers who (are going to) breastfeed their babies. The advice in this brochure is based on the famous ten principal rules drawn up by the World Health Organisation (WHO) and UNICEF. “Uit volle borst” can be ordered from Kraamzorg de Waarden through our website.



The following two pages list everything you need for your home birth or hospital birth. A cut-out checklist that may be convenient for you if you go shopping.





What things do I need?

Every mother-to-be needs a basic childbirth set. This basic set is supplemented with the things you need in case of a home birth.

Basic childbirth set:

- 5 cellulose mats
- 1 package of sterile gauze pads
- 1 package of cotton wool wads (100 gr)
- 1 sterile umbilical cord clamp
- 1 bottle of soap, unperfumed
- 1 bottle of 70% surgical spirit
- 2 packages of maternity sanitary pads
- 2 packages of sanitary pads

Extras for a home birth:

- 2 birth mattresses (thin)
- 3 cellulose mats
- 1 package of maternity sanitary pads (large), or 1 package of paper nappy liners

Further necessities:

- 1 bottle of disinfectant (if the obstetrician so requires)
- 1 measuring jug (with squirt cap for rinsing)
- 1 roll of toilet paper
- 1 package of salt (for rinsing the birth laundry)
- 2 buckets (1 new or clean to fill the baby's bath)
- 1 package of sandwich bags (for

disposing of sanitary pads)

- 2 bin bags
- emergency lighting (torch)
- 1 protective bed cover (for the mother's bed)

Necessities for the mother:

- 1 digital clinical thermometer (not an ear thermometer)
- 3 sets of clean bed linens (2 if there is a tumble dryer)

Necessities to be ordered from www.kraamzorgdewarden.nl

- bed pan
- bed raisers
- back support (if necessary)

Necessities for the baby:

- 1 digital clinical thermometer (not an ear thermometer)
- 3 rompers size 50 – 56
- 3 sets of clothing size 50 – 56
- 2 caps
- 12 hydrophilic nappies
- 6 hydrophilic washcloths
- 8 cloth wipes
- 2 packages of disposable nappies or, if you use cotton nappies, 18 nappies (preformed) with accessories
- cradle or cot
- mattress
- 2 flannel sheets or flannel covers

- 3 bottom sheets (or 2 if there is a tumble dryer)
- 3 top sheets (or 2 if there is a tumble dryer)
- 2 blankets
- 2 metal hot water bottles (seamless)
- 2 hot water bottle covers
- 1 changing unit
- 1 baby bath and a bath stand
- baby wash gel
- 1 hair brush and comb
- 2 bath capes or 2 large bath towels
- Vaseline (for face and buttocks)

In case of formula feeding:

- 2 bottles
- 2 teats for new-borns
- 1 bottle wiper
- formula in consultation with obstetrician or GP

In case of breastfeeding:

- the breastfeeding start set

Household necessities:

- 6 household cloths (washable at 60°)
- 1 floor cloth
- 1 mop
- 1 portable laundry basket

All necessities may simply be ordered through our web shop www.dadashop.nl

Advice: Before you do your shopping, it is a good idea to have a look at www.wiegedood.nl or www.veiligheid.nl. There is lots of information there about a variety of products.



What to put in your hospital bag?

Hospital birth

The obstetrician or the GP will decide when the time has come for the mother-to-be to go to the hospital. After birth, please let us know as soon as possible when you are allowed to go home. We can be reached 24/7 at telephone number 088 130 17 18.



For the mother-to-be:

- hospital ID card
- passport or driving license
- insurance card
- two sets of night clothes
- bathrobe
- slippers
- underwear and a supporting (nursing) bra
- clothes for when you go home
- toiletries and cosmetics
- mobile phone and charger
- camera
- tablet or iPad
- a good read
- your usual medicines
- glasses or contact lenses
- some food, some drink
- parking money / chip card

For the baby:

- romper or vest
- nappy
- socks
- jacket or baby cape
- cap (if necessary)
- clothes for when the baby can go home
- blanket
- certified car seat

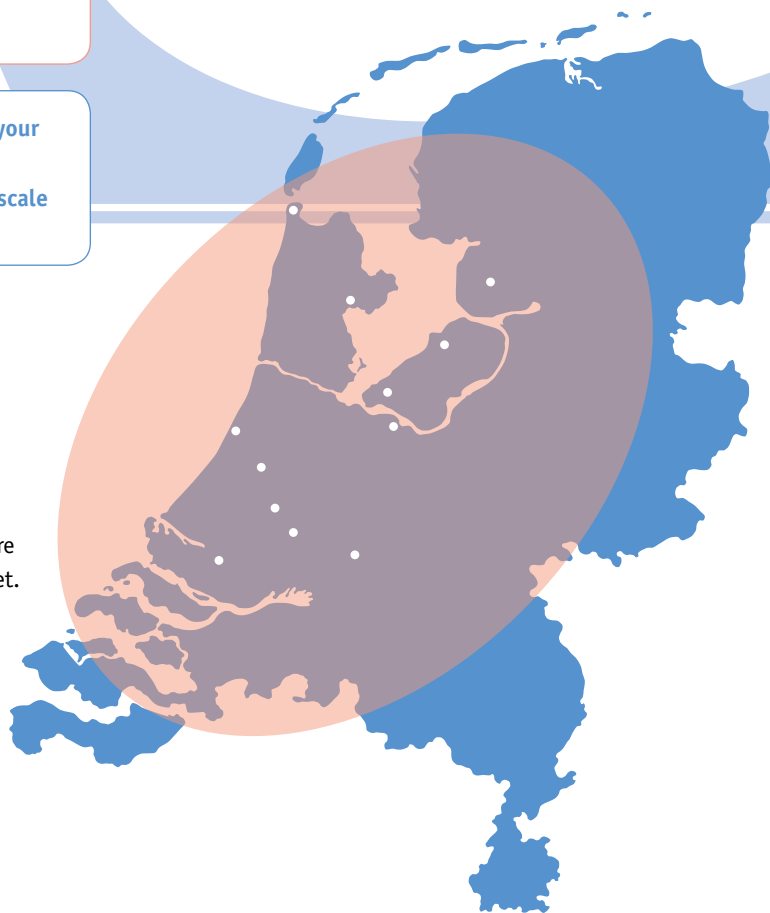


**Why don't arrange for your maternity care now?
Register at www.kraamzorgdewaarden.nl or
phone 0900 572 26 46, preferably before the
third month of your pregnancy.**

Our maternity nurses live throughout our work area, also in your vicinity. That is our unique service: the familiar feel of local carers together with the advantages of a professional, large-scale organisation!

With no less than 14,000 maternity care provisions per year, Kraamzorg de Waarden is one of the most professional maternity care organisations. We can offer you the certainty of a care guarantee and reliable maternity care provided by qualified professional maternity nurses. Kraamzorg de Waarden proudly holds the WHO/UNICEF Breastfeeding Certificate as well as the quality certificate ISO/HKZ [Standardised Quality Assessment Care Organisations]. You may feel assured of the best care you can get. Kraamzorg de Waarden, directly or indirectly, maintains agreements with all health insurances companies for the provision of maternity care.

Kraamzorg de Waarden has branches in: Almere, Alphen aan de Rijn, Den Helder, Emmeloord, Gorinchem, Gouda, Hoorn, Huizen, Lelystad, Noordwijk, Oud-Beijerland and Schoonhoven.



Stichting Kraamzorg de Waarden Groep

Postal address:

PO box 538

2870 AH Schoonhoven

General phone number: 088 130 17 17

Birth line: 088 130 17 18

info@kraamzorg.org

www.kraamzorgdewaarden.nl