

LIST OF MATERNITY NECESSITIES

Attention! Before you make your purchases, it is recommended to consult the site www.ncj.nl and www.veiligheid.nl. Here you can find information about various required products.

Basic childbirth set:

- 8 cellulose mats
- 1 package of stérile gauze pads*
- 1 length of cotton wool (50 gr)
- 1 sterile umbilical cord clamp*
- 1 bar of soap or soap dispenser (unperfumed)
- 1 bottle of surgical spirit (70%)
- 2 packages of maternity sanitary towels
- 2 packages of sanitary towels
- 2 birth mattresses (thin)**
- 1 roll of toilet paper**
- emergency lighting (torch)**
- 2 bin bags**
- 1 package of salt (for rinsing birth laundry)**
- 2 buckets (of which 1 new or clean to fill baby's bath with)**

Further necessities:

- 1 bottle of disinfectant (if the obstetrician so requires)
- 1 measuring jug or water bottle (for rinsing)
- 1 box of plastic sandwich bags (for disposing of sanitary pads)
- 1 protective bed cover (for the mother's bed)
- 1 pair of long sterile gloves.

Please note: if you use a delivery bath for a home birth, you must provide long sterile gloves for the maternity nurse. This is mandatory with a bath birth.

Necessities for the mother:

- 1 digital clinical thermometer (no ear thermometer)
- 3 sets of bed linen (2 sets if there is a tumble dryer)

Necessities for the baby:

- 1 digital clinical thermometer (no ear thermometer)
- 2 baby caps*
- 3 rompers or vests in 2 sizes* (50 & 56)
- 3 sets of clothes in two sizes* (50 & 56)
- 12 hydrophilic nappies*
- 6 hydrophilic washcloths*
- 8 bibs*
- 2 packages of disposable nappies or if you wish to use cotton nappies: 18 pre-formed with accessories*
cot / crib & mattress*
- 2 flannels*
- 3 under sheets or fitted sheets*
- 3 top sheets*
- 2 blankets*
- 2 aluminium seamless hot water bottles*
- 2 hot water bottle covers*
- 1 changing unit
- 1 baby bath with bath stand
- 1 baby wash gel
- 1 hair brush & comb
- 2 bath capes or large bath towels*
- vaseline (for babies face and bottom)
- Possibly a cardboard nail file

In case of formula feeding:

- 2 bottles*
- 2 teats (special for new born baby's)*
- 1 bottle wiper
- formula in consultation with obstetrician or family doctor

When the baby is breast-fed:

- little box or packet
- breastfeeding bra (2 or 3)
- disposable breast pads (if necessary)
- Vitamin K

Household necessities:

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

Supplies to be ordered at: www.duxxie.nl

- 1 bed pan
- bed raisers
- if necessary a backrest

If necessary you can also order a bed or a back-support at the same address.

*) Adjust the articles to the amount of children

***) These articles are only needed in case of a home birth

Extra tips

- ♥ We recommend to wash all clothing in advance to ensure hygiene and possible allergic reactions of the baby. Do not use a fabric softener. You are allowed to use a tumble dryer if you wish to do so.
- ♥ Do you expect your child to be smaller than average, adjust the size of the clothing accordingly.
- ♥ We recommend that you only purchase a breast pump after the birth of your child. During the maternity period you can use the electric breast pump from the maternity nurse if necessary.
- ♥ Is breastfeeding not going well, do you have problems with breastfeeding or do you want to pump because you are going to work again? Then you can consider ordering an electric pump via www.dadashop.nl