



Maternity checklist



Checklist for expectant mothers

ULTIMATE
CHECKLIST

A good delivery and **maternity period** start with the right preparation. This **checklist** will help you with that. Ask all your questions during the intake interview or by **phone e-mail** or our **handy chat**.



Maternity leave checklist

Many articles below can be found at:

www.dadashop.nl. At www.duxxi.nl

you can order 1 bed pan, bed raisers
and if necessary a backrest.



Basis 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 bed sheet or water-repellent molton (place 5 to 6 weeks on the mattress beforehand, secure the tarp if necessary with (double-sided) tape)

Further necessities

- 1 roll of toilet paper
- 1 package of salt (for rinsing birth laundry)
- 2 buckets (of which 1 new or clean to fill baby's bath with)
- 2 bin bags
- 1 pack of kitchen roll/paper towels
- 1 emergency lighting (torch)
- 1 soap dispenser unperfumed or hand gel (when not in basic childbirth set)
- 1 bottle disinfectant (if the obstetrician so requires)
- 1 measuring jug or water bottle (for rinsing)
- 1 box plastic sandwich bags (for disposing of sanitary pads)
- 1 pair of long sterile gloves (mandatory with a bath birth)***

Mother

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

Baby

- 1 digital clinical thermometer (no ear or infrared thermometer)
- 1 thermometer
- minimal 3 rompers in sizes 50-56 and 62-68*
minimal 3 sets of clothes in sizes 50-56 and 62-68*
- 2 baby caps*
- 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 en 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

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

Vitamins

- Vitamine K only with breastfeeding
- Vitamine D with formula- and breastfeeding

Household necessities

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

Tips:

1. Before you make your purchases, it is recommended to consult www.ncj.nl and www.veiligheid.nl. Here you can find info about various required products.
2. Breastfeeding not working, problems with feeding or do you want to pump for work? Then you might consider ordering a breast pump via www.dadashop.nl.
3. Wash all clothing in advance to ensure hygiene and possible allergic reactions of the baby. Do not use fabric softener. Drying in the tumble dryer is no problem.
4. If you are going for a bath birth in the hospital, take extra clothes with you. Your clothes probably won't stay dry

* Adjust these articles to the number of children. If you are expecting small children, adjust the size of the clothing accordingly.

** Everyone who is going to give birth needs a maternity package. Request this via your health insurer or order it via www.dadashop.nl.

*** Please note: If you use a birthing pool for a home birth, you must provide long sterile gloves for the maternity nurse. Without these gloves she is not allowed to assist with the bath birth.