

— PUT TOGETHER FOR YOU

Birth & *baby* checklist.

A list with everything that's handy to have at home — for the birth, the postpartum week, and the first days with your baby.

This list is meant as a help — not a must-have. In Amsterdam, almost everything can be delivered within 24 hours, so just grab what you need and skip the rest.

The checklist is divided into three parts:

Birth — for during labour and the postpartum week

Baby — sleeping, clothing, baby care

Recovery & feeding — for you and for breast- or bottle-feeding

Items marked with a star (*) can be rented free of charge through your Dutch basic health insurance — and they don't count towards your deductible.

Trusted rental companies for maternity items: Vegro · Medipoint

Birth.

Whether you give birth at home or in hospital — these lists cover what you'll want to have ready.

For the birth and postpartum week

In the maternity package (kraampakket)

Available through your Dutch health insurer or at any drugstore.

- | | |
|--|--|
| <input type="checkbox"/> Maternity pads (kraamverband) | <input type="checkbox"/> Mattress protector |
| <input type="checkbox"/> Disposable mesh briefs | <input type="checkbox"/> Large absorbent mat for the birth |
| <input type="checkbox"/> Absorbent pads | <input type="checkbox"/> Roll of bin bags |
| <input type="checkbox"/> 2 boxes of gauze | <input type="checkbox"/> 2 buckets |
| <input type="checkbox"/> Cotton wool | <input type="checkbox"/> Fresh bed linen |
| <input type="checkbox"/> 70% alcohol | <input type="checkbox"/> Digital thermometer (for mother) |
| <input type="checkbox"/> Umbilical clamp | |

Hospital bag

- | | |
|--|---|
| <input type="checkbox"/> Clothes for the birth (shirt) | <input type="checkbox"/> Slippers |
| <input type="checkbox"/> Warm socks | <input type="checkbox"/> Maternity record (groeigids) |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Toiletries for you and partner |
| <input type="checkbox"/> Hair elastic or band | <input type="checkbox"/> Clothes for one overnight stay |
| <input type="checkbox"/> Dextro glucose tablets | <input type="checkbox"/> 2-3 outfits for the baby |
| <input type="checkbox"/> Phone + charger, camera | <input type="checkbox"/> Car seat for the baby |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Wrap and hat for the baby |

What you can rent

Electric breast pump (via MYPUMP)

Birthing pool

Bed risers *

Shower stool *

Back support *

Bath plank *

Shower chair *

Bedpan *

Extras for the birth

Cord ring (instead of clamp)

TENS unit

Hot water bottle or cherry-stone pillow

Yoga ball

Birthing pool

Magazine or book

Playlist and speaker

Baby.

Average newborns wear size 56 (EU). Smaller than 50 cm or 2500 g: size 44-50. Larger than 56 cm or 4500 g: size 56-62.

Nursery

Cot or crib

Mattress

Changing table

1 changing mat

2 changing mat covers

Wardrobe

Night light

Nappy bin + liners (or laundry bag)

For the cot

1 well-fitting mattress

2 cotton mattress protectors

2 blankets (cotton or wool)

3 fitted sheets

3 flat sheets

Sleeping bag

1-2 seamless metal hot water bottles

2 terry cloth covers for hot bottles

Clothing

2 onesies

2 pairs of trousers

3 shirts

Cardigan

Jacket or snowsuit

2 hats

4 pairs of socks or tights

2 wraps

Baby care

Baby bath with stand or tummytub

Hooded towel

6-12 muslin cloths

3-6 muslin washcloths

Digital thermometer (not ear)

Bath thermometer

Soft hairbrush or comb

Nail scissors with rounded tips

6 burp cloths

2-4 flannel nappy cloths

Disposable nappies (2 packs newborn)

Disposable or reusable wipes

Zinc cream or nappy cream

Baby shampoo / wash gel

Out and about

Nappy bag with changing mat

Newborn car seat

Sling or baby carrier

Pram with carrycot

Parasol and rain cover

Travel cot

Swaddle or sleep sack

Early development

Playpen with mat

Mobile

Bouncer or baby seat (0-6 months)

Crinkle cloth or comforter (after 6 wk)

Recovery & *feeding.*

Depending on how your birth and recovery go, and how you choose to feed, these items can be very useful. You decide what you actually need.

Before and after the birth

Postpartum perineal bottle

Haemorrhoid cream

Perineum massage oil

Biotex or soda (wound care)

Hot/cold postpartum compresses

Vitamin E oil or cream

Belly binder

Pelvic floor trainer

Arnica drops or tablets

Small hand mirror

Breast care

Washable or disposable breast pads

Nursing tops or shirts

Wool or silk nipple pads

Milk collector

1 or 2 nursing bras

Cold compress

Nipple cream or hydrogel pads

For feeding

Feeding syringe or baby cup

1 bottle with newborn teat

3 storage bottles or bags

For bottle feeding

Electric breast pump

Dummy / pacifier

Bottle(s) + 2 teats (smallest size)

Bottle brush

1 pack of infant formula

Bottle warmer

— QUESTIONS?

Just give me a call.

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