

Taking care of practical matters

The nursery

Decorating the nursery for your child is a fun thing to do. There are a few basic necessities that should be present in your nursery. We have made a list to sum up these necessities. Please decide for yourself which ones are appropriate in your situation.

Necessities for your baby

- 6 bibs/burb cloths
- 2 seamless metal hot water bottles with a screwcap and a rubber water-resistant cover
- 2 hot water bottle covers
- Only in case of a homebirth: 3 flannel diapers (to regulate the baby's temperature)
- 2 digital rectal thermometers (one for the baby and one for the mother)
- 1 package of cotton balls
- 1 bottle of 100ml 70% alcohol
- Pram/pushchair and accessories
- Playpen and accessories
- Car seat
- Baby monitor

Necessities for the mother

- Plastic sheet to protect your mattress (put this on your bed a few weeks before your due date.) As you probably know, your delivery can start a lot earlier than the expected date. For example when your water breaks.
- Enough clean sheets and duvet covers
- 1 measuring jug to rinse after using the toilet or bedpan
- Sanitary towels
- Sanitary towel bags or sandwich bags to throw away sanitary towels
- 1 box of hydrophilic gauzes (5x8,5)

Necessities for breastfeeding

- Nursing bra
- Nursing/breast pads

Maternity care kit

- Maternity mattress with a plastic layer (not necessary when you have a hospital birth)
- 1 umbilical cord clamp (not necessary when you have a hospital birth)
- 5 chux pads (necessary for a hospital birth) or 8 chux pads (necessary for a home birth to protect your sheets)
- 2 packs of sanitary towels
- 1 or 2 packs of zig zag (medicinal) cotton
- Clean tray/container to put in zig zag cotton

A scale to weigh your baby is not necessary. All of our maternity nurses carry a trigger pull scale with them to weigh your baby.

Basic necessities for changing the baby's diaper

- Changing table or cabinet to put the baby on
- Plastic changing mat with raised edges
- 2 or 3 covers for the changing mat
- Disposable diapers or 24-36 cotton diapers (12 hydrophilic and 12-24 piqué). If disposable diapers are used, then you must have at least 12 hydrophilic diapers. These are used during the birth and in the cradle, and they are used to dry the baby.
- If cotton diapers are used, nappy liners and tape may be necessary
- Baby wipes
- Zinc cream
- Tube of Vaseline
- Diaper pail with lid
- Bin liners

Basic necessities baby clothing

- 6 bodysuits (size 50/56)
- 6 sweaters or rompers or a combination (size 50/56)
- Socks
- 2 baby hats
- Jacket

Basic necessities nursery

- Cradle or crib
- Mattress and mattress cover (not with a bottom completely made of plastic because of the use of hot water bottles)
- Bedclothes: upper sheet, bottom sheet and blanket
- Changing table
- Wardrobe
- Safe sockets

Basic necessities for bathing the baby

- Bath or tummy tub plus bad stand
- Hydrophilic diapers
- 6 hydrophilic wash cloths
- 2 terry hooded towels
- Hairbrush or comb
- Cardboard nail file (for the first six weeks)
- Products such as liquid baby soap, bath oil, hair lotion and baby shampoo

You can wash the items for your baby beforehand, preferably without fabric softener because of the risk of skin irritation.

Preparation home birth

- A raised bed (minimum of 70cm). Your bed must be put at the correct height at least 3 weeks before your due date.
- A bedpan (can be picked up at the homecare store together with blocks to raise your bed)
- 2 pillow cases to put away the bedpan hygienically
- 2 pails/buckets with trash bags

- Bowl/bucket (to use as washtub)
- Proper lighting in the bedroom 75/100 watt (and emergency lighting like a flashlight)
- Heating (temperature 22/23 degrees Celsius) in the maternity room and nursery
- A place to put all your necessities on (this can be a nightstand or an ironing board)

Preparation hospital birth

From 36 weeks onwards, you must make sure that you have the items listed below packed in a bag.

For yourself

- Bathrobe
- Nightwear
- Underwear
- Warm socks
- Slippers
- Clean clothes for the day you return home
- Toiletries and make-up products

For your baby

- 1 set of clothes
- Warm hooded cape
- Jacket and baby hat
- Car seat and blanket for transport

Furthermore

- Hospital cards and insurance cards
- Maternity card

Additional items

- Book or magazine
- Camera
- iPod or CD
- Pen and paper
- Address book
- Telephone
- Something to celebrate the birth with (such as non-alcoholic champagne)

Please be sure to dress your baby warmly when you leave the hospital. Put baby socks on your baby's hands and feet. Ask a family member or a friend to put two hot water bottles in your baby's cradle, so the cradle is already preheated when you arrive home.