

**CHECKLIST THINGS YOU NEED
FOR DELIVERY, MATERNITY CARE AND BABY**

<p>Maternity care:</p> <ul style="list-style-type: none"> • Bed risers (bed height min. 80 cm) • 2 digital thermometers <p>Maternity package:</p> <ul style="list-style-type: none"> • Bed tarp • Cotton • 2 packs sterile gauze pads 16/16 • 10 sterile gauze pads 10/10 • Alcohol 70% • 2 packs postpartum sanitary pads • Sterile navel clamp • 8-10 fibre mats • Trash bags <p>Optional for home delivery</p> <ul style="list-style-type: none"> • Bed pan/back support <p>N.B. maternity package from the insurance company is also needed for delivery in hospital.</p>	<p>For the baby:</p> <ul style="list-style-type: none"> • 4 rompers different sizes • 4 baby trousers and shirts 50/56 • 9 cotton hydrophilic cloths • 2 bath capes • Matrass (polyether and clean) • 2 sets off sheets • Woollen/cotton blanket (no duvet) • Flannel mat/pad (without tarp) • 1 metal hot bottle • 1 hot bottle sack • Changing mat + cover • Commode • Baby bath and stand • 6 spitting cloths • 2 hats • Socks • Diapers
<p>Formula feeding:</p> <ul style="list-style-type: none"> • Bottles and teats • Bottle brush 	<p>The bedpan, back support and bed risers you can borrow from:</p> <ul style="list-style-type: none"> • Medipoint: 088-1020100 • Vegro: 0800-2887766
<p>Emergency suitcase for hospital</p> <ul style="list-style-type: none"> • Insurance card • Toiletries • T-shirt/ night gown • Slippers • Clothes for the baby; romper,baby jumpsuit,jacket,hat,cape or blanket. 	<ul style="list-style-type: none"> • Warm socks • Extra underwear • Clean clothes for after delivery • Photocamera • Car seat for the baby/Maxi-Cosi • Small change for wheelchair.
<p>Information buying baby supplies: www.veiligslapen.nl</p>	
<p>You can give the remains off the maternity package to the Maternity nurse on the last day off the maternity care if you want.</p>	