

Extra information after the intake



Voor De Allerkleinste



Grote avonturen beginnen klein



When to contact Kraamzorg VDA?

- * You can call us anytime for urgent questions about maternity care. For other questions, please send an email; vragen@kraamvda.nl
- * If there is any change that affects the maternity care (e.g. move to another city, a change in contact details or insurance data). Regarding these issues it is best to send an email to kraam@kraamvda.nl. When it's urgent, call us on 088-1167900.
- * To start maternity care:
 - * You can contact us 24/7 for childbirth assistance. The midwife decides when our maternity help is required and normally calls VDA herself.
 - * After delivery in hospital. Please report the birth of your child between 7am and 11 pm. If you're leaving the hospital at night, please call us anyway.
 - * When you're leaving the hospital, please call us. We can discuss at what time the maternity nurse will start at your house.
 - * Our maternity nurse can also assist in the early stage of labour: during the dilation contractions. If you want to know more about this early birth assistance, please consult with the midwife.

37 weeks: house & 'hospital'bag ready to go. What to consider?

- * Prepare the bag for the hospital, what to pack? [Check it here](#)
- * Baby car seat, try installing in the car before the baby is born.
- * Wash the clothes and bedding for the baby
- * Maternity package (also necessary after a hospital birth)
- * Daily required groceries at home
- * Protection of your own mattress (in case your water breaks)
- * Bed at the correct height 70-90 cm / 27.6-35.4 inch, requirement for maternity care.
- * At Medipoint you can order some maternity products and have them delivered (for free) www.medipoint.nl/kraam
- * The layette: [Check it here](#)

The number of days and hours of maternity care

The exact number of days and hours of maternity care is determined in accordance with the National Indication Protocol (in dutch: LIP). In principle, you will receive 49 hours of maternity care in 8 days when you breastfeed your baby. If you give formula the maternity care will be 45 hours in 8 days. In addition, there is the option to opt for minimal care, in which case you will receive 24 hours of care in 8 days.



General terms and conditions for maternity care

- * Safe electrical equipment, such as kettle, vacuum cleaner and washing machine
- * Bed at the correct height: at least 70 cm mattress height.
- * Smoke-free work environment
- * Presence maternity package

Check the general terms and conditions [on our website](#).

Extra information and useful links

- * Information about [breastfeeding](#)
- * Information about [the privacy of you and your maternity nurse](#)
- * Information about [grow up smoke-free](#)
- * Information about [sleep safely / sleep tight](#)
- * Information about [Shaken Baby Syndroom](#)
- * Information about [Dunstan baby language](#)

We kindly ask you to return the emailed evaluation form after the maternity period. If you want to give other parents the opportunity to make a good decision for their own maternity period, please leave a review on www.zorgkaartnederland.nl.

Are you following us?



www.kraamvda.nl

Contact details

- * 088 -116 79 00
- * kraam@kraamvda.nl
- * vragen@kraamvda.nl