

The layette

We recommend that you start preparing for the arrival of your baby round the seventh month of your pregnancy. The maternity bed must be at least 80 cm high measured from the top of the mattress to the floor.

HOME BIRTH

- o maternity package
- o 2 top sheets
- o 1 sheet of plastic, mattress cover to protect the bed from week 35
- o 2 fitted sheets
- o 4 pillowcases
- o water bottle (for rinsing)
- o 2 clean buckets
- o good lighting and emergency lighting (flashlight)
- o badraisers, matras height 70-90 cm
order here: medipoint.nl/kraam
- o 1 pack of maternity sanitary towels without plastic
- o garbage bags
- o 1 dispenser of desinfectant soap
- o 1 pack of salt (to rinse washing)
- o 1 digital clinical thermometer

TIP

Borrowing is also possible, you only use a number of things for a short time



TIP

We recommend to have everything around the 7th month



MATERNITY PACKAGE:

It is worth knowing that most insurance companies provide a maternity package containing most basic requirements. Ask your insurance company! The package is intended for home births, so you don't have to take the package with you to the hospital.

Includes: cleansing alcohol 70%, cotton wool, sterile umbilical clamp, mattress cover, disposable underpads, sterile gauzes, net underpants and maternity sanitary towels medium and large.

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We recommend to take care of these items for the baby.

BABY

- o crib / baby bed
- o safe mattress
- o 2 flannel undersheets
- o 3 fitted sheets
- o 2 top sheets
- o 2 blankets
- o 2 metal seamless hot-water bottles
- o commode or changing table
- o changing pad + 2 covers
- o digital clinical thermometer
- o 2 small hats
- o diapers size 1, at least 20x
- o 6 bodysuits
- o 1 coat or jacket
- o 6 sets of clothes size 50/56
- o 3 pairs of socks
- o 2 baby bath capes
- o 12 hydrophylic towels / muslin cloth
- o 8 burp cloths
- o 6 hydrophylic wash cloths
- o 1 diaper / pedal bin
- o 1 bottle of soap-free wash gel
- o 1 baby bath and stand + 1 bucket
to fill the bath with
- o 1 hairbrush and camb
- o if breastfeeding: nothing extra
- o if bottle feeding:
 - 2 bottles
 - 2 bottle pacifier
 - formula milk nr 1 standard
 - brush
 - bottle rack
- o paper nail file



Bag for the hospital

Although you may be planning to give birth at home, you may unexpectedly have to go to hospital. It is nice when the hospital bag is already ready. We recommend that you have this bag ready from the 36th week, you never know.

FOR THE MAMA

- o Toiletries
- o Any medicines
- o Lip balm
- o Glasses / lenses + liquid
- o Comfortable clothes during birth
- o Extra (comfortable) clothes
- o Nightwear
- o Thick socks
- o Bathrobe
- o Underwear
- o Slippers
- o A bottle of water
- o Grape sugar
- o Distraction (magazine / music)

FOR THE BABY

- o Car seat + footmuff / blanket
- o Bath cape
- o 2 small hats
- o 3 bodysuits
- o 2 shirts
- o 2 pants
- o 2 pairs of socks
- o Jacket or coat

TOGETHER

- o Wallet with debit card, ID and health card
- o Phone and charger
- o Small change for the wheelchair / parking
- o Food and drinks
- o Papers from the midwife
- o Birth plan and maternity care file
- o Camera
- o Keys

Attention!

It is also useful as a partner to take into account a night in the hospital. So also take spare clothing, toiletries and possibly medicines.

