



What you should have at home

For childbirth and the maternity period

The maternity box (kraampakket) containing the following:

- Cellulose mats (minimum of 8 pieces)
- Mattress protector
- Cotton wadding (zigzagwatten)
- 10 x 10 cm sterile gauze (two packs)
- Non-sterile gauze
- Belly button clamp
- Bottle of alcohol 70%
- Maternity pads (three packs)

For at home you also need:

- Two digital thermometers (1 for your baby, 1 for yourself, no ear thermometer)
- Hydrophilic diapers / muslins (minimum of 10)
- Baby clothing (onesies, pants, shirts, suits)
- Baby hats (2 - 3 pieces)
- Baby blanket
- hot water bottle with cover to warm the baby's bed
- Changing mat
- Cot or crib with sheets/blanket (more information on <https://www.kinderveiligheid.nl/adviezen/slapen>)
- Hand soap (pump)
- (Disposable) diapers

From 36 - 37 weeks you can borrow bed raisers free of charge from various home care organizations such as Cordaan/Vegro via 0900-2887766 or www.medipoint.nl
You can also use empty beer crates or put an extra mattress on your bed.

In the bag for the hospital:

Also prepare in advance if you want to give birth at home

- Comfortable clothes for yourself
- Pyjamas
- Underwear
- Warm socks
- Toiletries
- Camera with sufficient memory and a full battery
- Phone charger
- Something to eat such as small snacks (especially for your partner)
- First set of clothes and hat for the baby
- Blanket for the baby
- Car seat
- ID
- Print of your pregnancy info VPOE (which you will receive from us around 37 weeks)