

Short instructions for the first day.

Mother

It is important to urinate on a regular basis. On the first day you may feel uncomfortable that you must go to the toilet. An empty bladder will heal the womb better.

It is therefore wise to go to the toilet regularly, but don't do this alone on the first night, as you may get a little dizzy. Don't wipe yourself after going to the bathroom with toilet paper (which can be painful) but rinse with lukewarm water. A bottle of water or squirt bottle is very useful for this. To dry, use a clean towel or sanitary towels.

Be aware of blood loss (lochia). Two large sanitary towels full within half an hour is too much → warn the midwife. The vaginal discharge can contain large clots.

Baby

A baby always sleeps on his back¹. Your baby also has to recover from the birth and needs a lot of rest for the first 24h. Check the navel when changing nappies. If it bleeds some → warn the midwife.

Feeding

Before feeding, always wash your hands.

Breastfeeding

Advice is to feed on request. Try to feed your baby every 3 hours, or more often if he wants to, at night every four hours is recommended. Change his nappy, if necessary, make a note of his pee and poop movements in the schema, and save the nappies if in any doubt.

Bottle feeding

During the day offer the bottle eight to ten times per 24h. The first day starts with 10cc-20cc of formula, the second day starts with 20cc-30cc. If the baby drinks that's fine, if he doesn't want to that's also ok. Your baby will drink as much as he needs.

Temperature

It's hard for your baby to regulate his temperature the first days. Your baby's temperature must be between 36,5 and 37,5 C. Hands and feet can feel cold to the touch without your baby being cold. The first 24h by every nappy change take your baby's temperature. If the temperature is too low 36,5 then add a warm water bottle or an extra blanket and if the temperature is too high, then remove the warm water bottle or blanket. You can also take your baby with you, bare skin to bare skin. Please make sure you keep the head of your baby outside the blankets. Check the temperature again in two hours. No changing of temperature → warn the midwife.

Crying

Your baby must get used to the new situation and can be restless when it is very quiet. In the womb he is used to constant noises. Take your baby with you if needed (not under your own duvet but in a blanket or wrap) and let him know that you are there. You are not spoiling him by doing this.

Good luck with your first night together, and if you have any doubts feel free to call us 24/7 on +31 30 658 62 10.



KraamInzicht

Pregnancy Checklist

Baby

- 6 Rompers, 2 with long sleeves
- 6 Jumpers
- 3 sets of all-in-one suits or sweatpants
- 2 pair of baby socks
- 2 baby hats
- 1 pack disposable nappies

When using cotton nappies:

- 20-25 cotton nappies
- 3 nappy wraps
- 1 pack of paper liners
- Nappy bin with lid

- 12 waffle weave fabric nappies, also to be used as a towel
- 6 waffles weave washcloths
- 6 bibs
- Baby cot or crib, thickness of a mattress must be 8– 10 cm, or minimum 3 cm for a crib
- 2 flannel protective pads, not with plastic
- 4 bed sheets
- 2 cotton blankets, NO duvet, comforter or synthetic fleece blanket
- 2 seamless metal hot water bottles and covers
- 1 changing mat + cover
- Tummy tub or baby bath and stand
- 1 soft hairbrush or comb
- Baby ointment, for example 'Bepanthen salve'
- Soap free baby wash gel
- 1 bath capes, hooded towels
- 1 digital thermometer, NO ear thermometer

Home Birth and Maternity care

- Mattress protection*
- 11 maternity bed mat's*
- 2 packs of sterile gauzes swabs*
- 1 roll of medical tape*
- Umbilical cord clamp*
- 2-3 packs of maternity pads*
- Medical alcohol 70%*
- 1 pack of cotton wool*
- Several garbage bags
- 2 plastic buckets
- 3 packs of sanitary napkins
- 1 digital thermometer (mother)

- Antibacterial hand wash
- Plastic bottle for rinsing
- Shower chair
- Step stool

Check your maternity package from the insurance company because most of the *items are included. We advise you to have completed this list before your 37th week of pregnancy.

Packing a hospital bag for labour

- Papers of risk and insurance
- Maternity care plan
- Toiletries
- Wash bag
- Warm socks
- Slippers
- Extra underwear
- Baby clothes
 - Socks
 - Hat
 - Rompers
 - Jumpers
 - Jacket
 - Baby blanket
- Extra clothes after labour
- Extra clothes for the partner
- Nursing bra (if you're breastfeeding)
- Chargers for smartphones
- Some snacks and drinks
- Baby car seat

Formula feeding

- 2 baby bottles
- 2 teats
- Bottle brush
- Formula (always check the sell-by date)

Notes:

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Working conditions

- Adjusting bed to 70-80 cm
- Height of changing table 90 cm
- Availability of running water on the bedroom floor
- Adjustable crib base
- Safety electrical appliances
- Access to bed