

# Birth and baby essentials

There are a number of items you'll need for the childbirth and postpartum period. To make sure you don't forget anything, we've put together a list of birth and baby essentials. Check off those items you already have at home and while shopping. This list is only a recommendation. If you have any questions, ask them during the intake meeting.

## Basic birth kit

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Many health insurers provide a birth kit. It usually contains almost everything you need - make sure to check whether there are any items you still need to purchase.

### A basic birth kit includes:

- 5 cellulose bed pads
- 2 packs of sterile gauze (10x10 cm)
- 1 sterile umbilical cord clamp
- 1 package of zigzag cotton wool
- Soap dispenser with (unperfumed) disinfectant soap
- Bottle of alcohol (70%) (100 ml)
- 2 packs of regular sanitary pads
- 2 packs of maternity pads
- 1 plastic mattress cover
- 2 mesh briefs (disposables)

## What else do you need?

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- 2 digital thermometers (1 for your baby)
- 1 water bottle or measuring cup for rinsing after going to the toilet
- Step (if needed) for getting in and out of bed
- 1 extra set of sheets
- Approved infant car seat (see [www.veiligheid.nl](http://www.veiligheid.nl) for more information on safe car seats)
- Make sure you have a bag ready in case you need to go to the hospital.

## Home birth

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If you want a home birth, you will need the following items in addition to the basic birth kit:

- 2 maternity mattresses
- 5 cellulose bed pads
- Plastic bed sheet or waterproof flannel mattress protector
- Salt (for washing afterwards)
- Garbage bags
- Roll of toilet paper/paper towels
- 2 buckets with handle (10 litre)
- Bedpan wrapped in plastic or in a clean pillow case
- 1 extra 70 watt light halogen (or similar) or portable light, white light
- Emergency lighting (strong torch with batteries)
- 1 wash bowl (plastic tub)

## Hospital birth

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If giving birth in the hospital, you will need the following items:

### For yourself:

- Underwear
- Nightwear
- Bathrobe
- Support (nursing) bra
- Comfortable shirt for during labour
- Comfortable clothing for after labour
- Toiletries
- Slippers and shower sandals
- Something to read and/or music
- Camera

### For the baby:

- Clothing
- Jacket and hat
- Swaddling blanket

## For the baby

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### Clothing

- 6 onesies in size 56/62  
(9 onesies in size 50/56 for twins)
- 4 sets of baby clothes in size 56/62  
(6 sets in size 50/56 for twins)
- 1 jacket (2 for twins)
- 2 hats (4 for twins)

### Baby care

- Changing unit (at least 90 cm high and preferably 70 cm deep)
- Changing pad and 2 covers
- Hard plastic bathtub with stand (height 100/105 cm) or tummy tub
- Nappy bucket (with or without lid)
- Trash bin
- Soap-free wash gel
- Diaper cream/baby oil
- Hairbrush and comb
- 2 swaddling blankets or hooded bath towels (3 for twins)
- 12 hydrophilic nappies (18 for twins)
- 6 hydrophilic washcloths (9 for twins)
- 1 package of wet wipes (or washable baby wipes)
- At least 1 approved seamless metal hot water bottle (preferably 2) with cotton or flannel cover
- 10 bibs (15 for twins)
- 1 package of disposable nappies (2 for twins)
- Roll of paper tape

### If using washable nappies:

- 24 washable nappies (36 for twins)
- 1 package of nappy liners
- 4 nappy covers (6 for twins)

### Sleeping

#### *Double the amounts for twins*

- Crib or cot (at least 7 cm between slats)
- Sturdy mattress (8-10 cm thick)
- 1 flannel sheet or flannel mattress protector (100% cotton and without a rubber layer)
- 3 fitted sheets
- 3 top sheets
- 2 blankets (wool or cotton)

For more information on safe sleeping, visit [www.veiligheid.nl](http://www.veiligheid.nl).

### Feeding

#### **If breastfeeding:**

- 1 pack of nursing pads
- Nursing bra (and/or nursing top)
- Vitamin K oil
- Vitamin D (oil or water-based)

#### **If bottle feeding:**

#### *Double the amounts for twins*

- 2 bottles
- 2 nipples
- 1 bottle brush
- Formula (consult with midwife)
- Vitamin D (oil or water-based)



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