



Kraamzorg Het Zonnetje  
Voor een stralende kraamtijd!

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## Baby essential list

You are expecting a baby and can now concentrate on purchasing items for you and your baby. Below we have listed several lists. If you have any questions, please do not hesitate to contact us. Usually you will receive from your health care provider a maternity package, which already has some of the following items in it. More information, contact your health care provider. Please have a look at the website "[veiligheid.nl](http://veiligheid.nl)" for more information about safety and buying baby products.

### Baby Clothes:

- ♥ 6 body suits (2 sizes, it is most commonly 50 and 56)
- ♥ 6 sets of baby clothes/ onsies and socks
- ♥ Sweaters
- ♥ 1 jacket
- ♥ 2 caps
- ♥ Receiving blanket

### Going out with your baby:

- ♥ Pram
- ♥ Carseat
- ♥ Changing bag with mat
- ♥ Possibly a baby sling or carrier
- ♥ Camping bed

### Caring for your baby:

- ♥ Changing mat
- ♥ 2 changing mat covers
- ♥ Nappy bucket/ pail and liners
- ♥ Cardboard nail filer or emery board
- ♥ Mild baby bath cleanser (scentless)
- ♥ Baby lotion (scentless)
- ♥ Baby wipes
- ♥ Nappy cream
- ♥ 6 muslin washcloth
  
- ♥ Soft hair brush and comb
- ♥ 12 muslin cloths (hydrofiel luiers in Dutch)
- ♥ 6 flannel cloths (molton in Dutch)
- ♥ 1 a 2 packages of nappies 2 - 5 kilos
- ♥ 2 bathcapes/ towels
- ♥ 2 digital thermometers (1 for mother)

### Sleep baby sleep:

- ♥ Bassinet, cot/ crib with a firm mattress (8-10 cm thick)
- ♥ 2-3 flannel/ cotton sheets
- ♥ 1 flannel (molton) mattress cover protector
- ♥ 3 fitted sheets
- ♥ 2 blankets (cotton or wool)
- ♥ 2 aluminum water bottles (kruik in Dutch)
- ♥ 2 covers for the water bottle
- ♥ sleeping bags (cotton, terry or flannel, not padded)

### Breastfeeding:

- ♥ 2 nursing bras. No wires.
- ♥ Nipple cream (if needed)
- ♥ A box of nursing/ breast pads
- ♥ Nursing pillow and covers
- ♥ Breast pump and bottles (rent or buy if needed after birth)
- ♥ 6 burp cloths

### Bottle feeding:

- ♥ 2 bottles 0-6 months
- ♥ 2 nipples for newborn
- ♥ Bottle brush
- ♥ 6 burp cloths
- ♥ Formula milk 0-6 months



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### Your baby in bath:

- ♥ Babybath with bath support or tummy tub
- ♥ No baby bath seat in the first months
- ♥ Bath thermometer (can use regulare thermometer)

### Other baby items:

- ♥ Box crib and liner
- ♥ Baby monitor
- ♥ Baby bouncer/ chair

### The home birth:

- ♥ 2 - 3 sanitary napkins
- ♥ 3 packages of maternity sanitary napkins
- ♥ 1 package of sterile gauzes 16/16
- ♥ 10 large sterile gauzes 10/10
- ♥ 10 absorbent mats
- ♥ 1 package of cotton wool
- ♥ 50 cc of 70% alcohol
- ♥ 1 umbilical clamp
- ♥ 1 plastic mattress cover
- ♥ Disinfecting gel
- ♥ Disposable gloves
- \* Items above are usually provided by your health insurer in the maternity box.
- ♥ Big t-shirt or gown for delivery
- ♥ 1 bin and bags/ liners
- ♥ 2 buckets/ pails
- ♥ Flashlight
- ♥ Bedraisers or beer crates or extra mattress
- ♥ Towels (preferably not white)
- ♥ Bedpan to rent at a home care shop. You need this if the toilet is not on the same floor as your bedroom.
- ♥ Clean bottle/ measuring cup
- ♥ Phone and chargers with numbers of midwives, hospital, maternity agency and family
- ♥ Videocamera and charger
- ♥ Prenatal and postpartum files. Please place under the changing mat so they are easily to find.

### The hospital birth:

Your hospital bag for mother and baby should be packed and ready to go at 37 weeks.

- ♥ Big t-shirt or gown for delivery
- ♥ 2 pairs of socks
- ♥ Robe
- ♥ Flip-flops or slippers
- ♥ Clean clothes for after the delivery
- ♥ Underwear and bra
- ♥ Toiletries
- ♥ Glasses/contact lenses and fluids
- ♥ Book, e-reader or magazine for you and dad.
- ♥ Dextro, sweets, honey etc.
- ♥ Biscuits
- ♥ Bottle of water and/or juice box(clear)
- ♥ 2 sets of clothes for baby
- ♥ 2 caps
- ♥ Wrap/cover for the baby
- ♥ Jacket
- ♥ Infant car seat
- ♥ Insurance papers
- ♥ Prenatal file from midwife or gynecology
- ♥ Coins for vending machines, wheelchairs
- ♥ Important telephone numbers (midwife, hospital, maternity agency)
- ♥ Phones, iPads, camera and chargers
- ♥ Arrangements for other children and pet(s).
- ♥ Lock your doors when you leave the house.