

# Newborn essentials

We have drawn up a checklist of all the items you will need after the birth that are practical to have in your home beforehand. This is not a definitive list. It's just meant to give you an indication. Staff at BabyPlanet or similar shops will be happy to offer advice on all the available products. You can also borrow various maternity items (such as bed risers) from our partner Medipoint free of charge. Visit our website for more information.



050 366 64 22

## Postpartum period

### Bedtime<sup>1</sup>

- ☐ two hot water bottles
- ☐ two hot water bottle covers
- ☐ crib and/or cot (two for twins)
- ☐ mattress<sup>2</sup>, at least eight centimetres thick (two for twins)
- ☐ two cot quilts (four for twins)
- ☐ three fitted sheets (six for twins)
- ☐ three flat sheets (six for twins)
- ☐ three flannel sheets

### Clothing

When picking out clothes, keep in mind that the size you need will depend on how large your baby is. If you buy a lot of outfits in small sizes and you have a big baby, they may not fit. We have created a chart to give you an idea of what size your baby will need.

#### Height

Up to 50 cm  
51 to 56 cm  
57 to 62 cm

#### Size

Size 50  
Size 56  
Size 62

Note that sizes may vary between brands.  
Practical items of clothing to have available:

- ☐ bodysuits
- ☐ tops & bottoms or baby grows
- ☐ socks
- ☐ cardigan or coat
- ☐ two hats

### Bath time

- ☐ baby bath/bath stand/Tummy Tub (optional)
- ☐ two receiving blankets (four for twins)
- ☐ soap-free baby wash

## Care

- ☐ changing table (minimum height 90 cm)
- ☐ plenty of bedding
- ☐ extra pillow / back support Medipoint
- ☐ step stool
- ☐ bed risers or tall bed (80 centimetres)
- ☐ changing mat & covers
- ☐ hairbrush/comb
- ☐ 12 muslin cloths (18 for twins)
- ☐ muslin washcloths
- ☐ disposable nappies or reusable cloth nappies
- ☐ burp cloths
- ☐ clean plastic bottle or jug (to rinse after toilet use)
- ☐ two thermometers (suitable for rectal use)
- ☐ wet wipes and vaseline
- ☐ waste bin & bin liners

## Breastfeeding

- ☐ nursing pads
- ☐ non-wired nursing bra that fits well near the end of your pregnancy

## Bottle feeding

- ☐ one feeding bottle & teat (two for twins)
- ☐ can or carton of infant formula
- ☐ bottle & teat brush

## Cleaning

- ☐ cleaning rags
- ☐ bucket & all-purpose cleaner
- ☐ mop with handle

1) [www.veiligheid.nl/kinderveiligheid/slapen/veilig-slapen/veilig-slapen-tips](http://www.veiligheid.nl/kinderveiligheid/slapen/veilig-slapen/veilig-slapen-tips)  
2) [www.veiligheid.nl/kinderveiligheid/slapen/beddengoed](http://www.veiligheid.nl/kinderveiligheid/slapen/beddengoed)



## Your notes

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### Maternity package<sup>3</sup>

- ☐ • mattress protector
- ☐ • ten cellulose bed pads
- ☐ • two packs of maternity pads
- ☐ • two packs of sterile gauze pads
- ☐ • cotton wool pleat
- ☐ • surgical spirit 70%
- ☐ • umbilical cord clamp

### Home birth

- ☐ bedpan
- ☐ two buckets
- ☐ plastic sheet
- ☐ basin
- ☐ emergency light source (torch)
- ☐ bin liners

### Hospital birth

(Prepare a bag from week 36, even if you're planning a home birth)

- ☐ toiletries
- ☐ two sets of nightwear
- ☐ robe
- ☐ two sets of underwear
- ☐ two sets of warm socks
- ☐ slippers

**Tip:** Use one of the disposable bed pads from your maternity package to protect your car seat on the way to the hospital.

- ☐ oversized shirt to wear when giving birth
- ☐ comfortable outfit for trip home
- ☐ burp cloth
- ☐ two sets of newborn clothing
- ☐ baby cardigan or coat
- ☐ baby hat
- ☐ receiving blanket for trip home
- ☐ phone and charger
- ☐ car seat
- ☐ change for wheelchair (often a €2 coin)
- ☐ clean clothes for partner (optional)
- ☐ camera

### Breast pump

You may end up wanting a breast pump. During the postpartum period, an electric pump will be the most useful. There's no need to buy one before you give birth. Should you need a breast pump, you can rent or buy one from Kraamzorg Het Groene Kruis.

**Tip:** As your waters may break unexpectedly, it's advisable to use a mattress protector near the end of your pregnancy.

<sup>3)</sup> Many of the items required for the postpartum period and birth will be included in your maternity package, which is generally provided by your insurer. Be sure to check that this applies to your own insurance company.