

## **Appendix: List of requirements for childbirth and maternity care**

For the maternity woman (you may find this in the maternity package of the health insurer, but depends on your insurance)

- 100 grams of white cotton wool (possibly 1 pack extra)
- 2 packs of sterile gauze (8.5 cm by 5 cm)
- 5 sterile gauze pads (10 cm by 10 cm)
- 100 ml alcohol 70%
- 5 pads (5 extra for a home birth)
- 2 packs of maternity bandages
- 1 sterile navel clamp (for the baby)
- 1 or 2 maternity mattresses
- at least 2 packs of sanitary napkins

For maternity bed at home

- Disinfectant soap (pump)
- 1 bucket (for home birth extra garbage bags)
- Bottle or measuring cup for rinsing
- Bed blocks
- Bedpan/pot to borrow via the Medicura link
- 3 disposable renal pelvises
- Mattress protector

For the baby

- 1 digital thermometer (not an ear thermometer), which is also used for the maternity woman
- 2 metal jugs with jug bags (no electric jugs)
- 3 to 4 rompers size 50/56 or 62
- 3 to 4 baby sweaters size 50/56 or 62
- 3 to 4 pairs of pants size 50/56 or 62 and baby socks
- 12 hydrophilic cloths (water-absorbing cloths made of soft supple cotton)
- 2 caps
- 2 washable baby covers or molton fitted sheets - not necessary with an aero sleep
- 2 top sheets
- 2 fitted sheets
- 12 burp cloths
- 6 hydrophilic washcloths
- 2 shawls
- 1 baby bath with stand
- 1 waste bin/diaper pail
- 1 bar of baby soap or soap-free washing gel
- 3 packs of diapers (2 ½ -5 kg) and baby care wipes
- Baby brush
- 2 cotton or wool blankets
- 1 changing mat
- Baby nail file. (cardboard)
- Cream for the buttocks

When breastfeeding

- 1 pack of breast pads
- 1 nursing bra

When bottle feeding

- 1 pack of formula
- 2 bottles (with small graduations) with teats; size S or 1
- 1 bottle brush