



## What do you need for giving birth at home

### From the maternity package:

- Mattress protector
- 1 Maternity mattress
- Minimum 10 fiber mats
- Minimal 2 packs of maternity dressing
- Minimum 1 pack of big maternity dressing
- Minimum 10 big sterile gauze pads
- 1 package of little sterile gauze pads(16x16cm)
- 1 bottle of alcohol (70%)
- 1 umbilical cord ring or clamp
- Soap

### Additional:

- Bed raisers/ bobbins (to rent at home care).  
**We can not support home birth without bobbins.**
- Bedpan (to rent at home care)
- 1 or 2 iron jars
- Jug bag(s)
- At least 6 hydrophilic or flannelette diapers
- Bathcape/wrap

### Top up with:

- 3 big garbage bags
- 1 roll of toilet paper
- 2 buckets

- Rompers
- Diapers
- 1 set of clothes
- Socks
- 2 hats
- Digital thermometer,  
**no ear thermometer!**

### A bag with things if birth can not take place at home, among other things:

- Toiletries, possibly lens and/or glasses
- Pyjamas
- Underwear
- Maxi-cosi
- Clothes for the baby (romper, shorts, sweater, socks, cap)
- Camera
- Care plan of the homecare
- If necessary: medication and/or papers Rhesus D