

## **Supply list**

When you want to deliver the baby at home you need:

- 1 pack wadding
- 2 packets sterile pads 16/16
- 10 fiber mats
- 1 bottle of alcohol 70%
- 1 umbilical clamp
- Stall connection/napkin liners
- Desinfectant soap

The materials above you can find in the maternity package, which can be bought at drugstores. Sometimes you get a maternity package from your insurance company. You can call them. If you choose to deliver the baby at the hospital you also need a maternity package.

### **Also needed (also to buy at drugstores)**

- Small bottle “dettol” (= desinfectant)
- 1 roll “dextropur” (glucose)
- 2 extra packets sterile pads
- Bed oilcloth, po and bed bobbins

When you choose to deliver the baby at the hospital you also need a bed oilcloth and bed bobbins. Bed bobbins and a po can be retrieved at one of the home care stores of Zorggroep Sint Maarten. (see website for addresses)

When you want to deliver the baby at home the following things must stand ready in your bedroom.

- Ironing board or a small table
- 10 washed and iron cotton diapers, dust-packed in for example a diaper or a plastic bag
- Clean towel and soap
- Po
- Clean bowl or dish
- Aluminum foil
- 2 buckets with a garbage bag in it
- Extra garbage bags
- Towel
- Toilet-paper
- Thermometer
- Good working flashlight

## Supply list list for the baby

- Disposable diapers for babies 3 – 6 kilogramme or.....
- 20 –25 cotton diapers with inlaid wipes and roll of paper tape
- Wet wipes bill
- Cream against red buttocks
- 2 jars with label
- Saliva swaps
- Soap/shampoo for the baby
- Cam or hairbrush for the baby
- Digital thermometer
- At least 6 hydrophilic diapers, to use for drying the baby
- At least 6 hydrophilic flannels
- At least 4 flannel diapers or molton canvases
- 1 pillow on commode to care for the baby
- Pool for the baby or a tummy tub on standard
- 1 bathing wrap
- Diaper pail
- A bag for baby supplies
- At least 6 undershirts for the baby
- Baby Socks
- A jacket and a babyhat
- Clothes for the baby. Do not buy too much. 3 –6 is enough. We prefer cotton clothes. Do not buy clothes that are too warm.

If you want to breastfeed make sure that you have a good nutritional supportive bra.

If you choose to bottle your baby you need:

Nutrition for infants, suction bottles with nipple, size can, a bottle warmer or microwave.

- Baby crib or small bed for the baby
- Firm mattress
- Molton to protect the mattress
- Cover sheets
- Sheet and blanket. NO oilcloth and NO quilt.
- Chest of drawers
- Closet for clothes
- possibly a baby monitor
- perambulator
- possibly a maxi-cosi with label

When you buy the materials above safety is very important. Let you inform well and go to a good babyshop.

Look at: [www.veiligheid.nl](http://www.veiligheid.nl)