



# Checklist Pregnancy

When you have a question about this pregnancy list.

Please get in touch: 070 305 18 70 or [administratie@wereldwonder.nl](mailto:administratie@wereldwonder.nl)

## Trying to conceive

- Start taking folic acid
- Start taking prenatal vitamins
- Stop drinking and smoking
- Eat healthy

## 1st trimester (1-3 months)

- Take a pregnancy test (reliable from 4-6 weken)
- Make an appointment with a midwife
- Register for maternity home care (kraamzorg)
- Prenatal checkup with ultrasound screening (with 8-12 weeks)
- Get in touch with 'Moeders voor Moeders'

## 2th trimester (4-6 months)

- Research and sign up for pregnancy classes like pregnancy yoga or gym
- Look into childcare options
- Not married? Arranged the baby recognition
- Ask for the maternity package at your insurance company or buy with us
- The twenty week ultra sound screening
- Pregnancy declaration from your midwife (This is necessary for your work/ boss).
- Buy the baby stuff of the layette
- Arranged a (3D) ultra sound for fun)
- Start planning nursery (Think about long terms of delivery with baby supplies)
- Buy pregnancy clothes
- Think about baby names
- Research for baby birth cards

## 3th trimester (7-9 months)

- Discuss your maternity leave at work
- A holiday? The airlines want a pregnancy statement.
- Kraamzorg Wereld Wonder make an appointment with you for the intake at home
- Buy any baby items still needed
- Research for breast- or bottle feeding
- Sign up for breastfeeding information course
- Choose you breastfeeding? Buy feeding bra's and feeding clothes
- Last day of work (inbetween 34-36 weeks)
- Arranged bed raisers (from 37 weeks)
- Arranged labor supplies for a labor at home
- Pack hospital bag
- Discused your birth plan with the midwife and write a birth plan.
- Design the birthcards
- Arranged a plastic bed sheet (you can find it in your maternity package)
- Think about a charged photo camera
- Do you want a maternity party or maternity visits?

## After the birth

- Contact Kraamzorg Wereld Wonder directly after giving birth.
- Arranged the birth registration
- Buy and send the birth cards
- Arranged the child benefits and insurance company for you child

(you get a message from SVB for the child benefits).

