



## CHECKLIST

### 4 - 10 weeks

- Make an appointment for an intake interview with the midwife
- Early ultrasound on your own request \* (around 8 weeks)
- Make an appointment for a term echo (between 10-12 weeks)
- Read nutritional brochure of the Geboortecentrum (at 'links & downloads' on the website)\*

### 10 - 22 weeks

- Standard pregnant blood test (8- 14 weeks)
- Prenatal test: Combinationtest/NIPT \* (10 -14 weeks)
- Make an appointment for 20 week ultrasound (14 - 18 weeks)
- Register for maternity care (kraamzorg) (before 16 weeks)
- Subscribe to pregnancy course \* (around 20 weeks)
- Register at nursery \* (preferably early in the pregnancy)

### 18 - 24 weeks

- Structural ultrasound examination / 20 weeks ultrasound \* (18 - 22 weeks)
- Arrange recognition / acknowledgement of baby at council office\*
- Ask us for a maternity certificate (for application leave) \*

### 24 - 30 weeks

- Have GTT (glucose tolerance test) performed \* (24- 26 weeks)
- Blood examinations on RAL (Rhesus antibodies) \* (around 27-28 weeks)
- Start checking babyproduct list of things to get (before 37 weken)
- Whooping cough vaccination via general practitioner/GGD \* (28 - 32 weeks) \*

### 30 - 36 weeks

- Thinking about a name for the baby and a birth announcement card \*
- Maternity package (from your health insurance) / bed raisers in the house? (before 37 weeks)
- Information evening about childbirth and breastfeeding \*\* (28 - 36 weeks)
- Writing of birthplan\* (around 34-36weeks)
- Leaflets about delivery at website 'de verloskundige' + video \*
- Packing of the birthbag
- Intake postnatale care (kraamzorg)

### Postnatal week / kraamtijd

- Making a birth declaration at the council office (check their website) (within 3 days)
- Register child with your health insurance within 1 month after birth
- Request parental authority from the subdistrict court \*
- Follow-up planning an appointment with midwife for 6 weeks after delivery
- Intake at home and first baby check-up at the consultation office
- Attend a course / workshop together with your baby and / or attend a Child First aid Course\*

\* If you wish / if that applies

\*\* If you become a mother for the first time