



CHECKLIST

4 - 10 weeks

- Make an appointment for an intake interview with the midwife
- Early ultrasound on your own request * (around 8 weeks)
- Term ultrasound (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: NIPT * (10 -14 weeks)
- Option for 13 weeks ultrasound (plan after term echo)* (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)
- Subscribe to information sessions of the midwife* (around 22-24 weeks)
(about birth and breastfeeding)
- 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) *
- Whooping cough vaccination via child health clinic * (after 22 weeks) *

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)

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)
- Attend information evening about childbirth and breastfeeding ** (24 – 36 weeks)
- Writing of birthplan* (around 34-36weeks)
- Leaflets about delivery at website 'de verloskundige' + video * (see our website Links & downloads)
- 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