

ACCESS

Guide

Having a Baby in the Netherlands

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Having a Baby in the Netherlands

Introduction

This ACCESS Guide has been developed for the International Community to help answer some of the questions that arise when having a baby in the Netherlands. We hope that the information provided will assist you in making the best decisions for you and your child.

Many Dutch terms are used throughout this booklet, usually with the English equivalent beside them. Also, you can look up the Dutch word in the vocabulary section at the back of the booklet.

Giving birth in Holland

The Netherlands is one of the safest countries in the world in which to have a baby, both for mothers and for babies. The Dutch philosophy is that childbirth is a natural, physical process, not a medical condition, and that pregnant women should primarily be handled by midwives rather than by doctors in a hospital, and not be treated as patients - unless there are complications.

There's no place like home

The Netherlands has the highest rate of home births in the western world – currently, one in three babies are born at home in the Netherlands. (To compare: in the UK, only about 2% of babies are born at home, in Belgium this figure is closer to 1 %. Similarly 99 % of births in the US take place in a hospital environment). About a third of babies are born by caesarean in the US and about 20 % in Britain.

Congratulations on your pregnancy!

The decision to have a baby is a big one and the first of many

Choosing a midwife.

Prenatal care is usually provided by midwives. The role of the doctor or gynaecologist in a normal pregnancy in the Netherlands is minor and in most cases not involved at all. This is slightly different from the UK and other countries, and a complete contrast to the US. Therefore, the first priority is to find a midwife. It is best to register with your midwife before week six and up to week ten.

Choosing a midwife may be difficult, but you can make use of these sources to make your decision easier:

- Obtain a list of local midwives from your GP.
- Talk to people to get recommendations. Word of mouth from friends and family are good sources to start with. If your Dutch is a little patchy make sure your midwife speaks English.
- Review the website of [The Royal Dutch Organization of Miderlink](#) (*KNOV - Koninklijke Nederlandse Organisatie van Verloskundigen*). To find a midwife near you, simply enter your home town (*Voer uw woonplaats in*) and click on “Zoek”.

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Your first appointment with the midwife you have selected will be any time from week six of your pregnancy, but more usually around ten weeks. This initial contact is a good time to let your midwife know how you visualise the labour and birth process. It might be reassuring to know that you can always change your midwife during your pregnancy if it does not click, or if you feel that your birth plan cannot be carried out as you want.

Midwives in the Netherlands use the official list of obstetrical indications, *Verloskundige Indicatie Lijst (VIL)*, to monitor potential problems. The midwife checks the patient's personal medical history and if she believes that there is a risk of illnesses such as pre-eclampsia she will refer the patient to an obstetrician.

(See:

http://europe.obgyn.net/nederland/default.asp?page=/nederland/richtlijnen/vademecum_nl_sec4)

Prenatal tests are generally only carried out when you have a medical history indicating the need for this, or when you are over 35 years of age. Some screenings such as blood tests and ultrasounds are done in specialist centres. If you want, you can have an ultrasound made by a specialist, around week 20 of the pregnancy. An ultrasound will only be covered by your insurance, when it is medically required.

Delivery

You will be asked where you want to deliver your baby. If you have an uncomplicated pregnancy you can choose to give birth at home with a midwife, or in a hospital - either with a midwife (*poliklinische bevalling*) or a gynaecologist (*ziekenhuisbevalling*), based on medical advice.

The Dutch are big believers in home births so make it clear if you want a hospital birth or home birth. You always have the option to go to the hospital, but check first what your insurance company covers.

Giving birth at home

Your midwife will attend during the labour and delivery. She will also help with preparations to ensure the safety and comfort of you and your child. Home deliveries require metal bed raisers - *klossen* (or beer-crates), which you will need so that the height of your bed complies with health and safety regulations for the attending maternity professionals. **This is also a requirement for the *kraamzorg* when they come to your house once your child is born.** Should any complications arise, you will be taken to hospital.

Giving birth at a *Kraamzorghotel*

Here you can go through labour and deliver your baby with a midwife in attendance. Your partner is also able to stay overnight. In Holland there are several *kraamzorghotels*. They are in Rotterdam,

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Hoofddorp, Heerlen (South Holland) and Dennekamp (near Appeldorn) There is no waiting list, but you must book in 2 months before your due date. Please check out these websites for more information:

kraamzorghotels@kzr.nl (<http://www.kraamzorgrotterdam.nl/index.php?pageID=2829>)

Giving birth at an Outpatient clinic (*poliklinisch*)

This is the same as an outpatient birth where birth takes place with your midwife or doctor. If all goes well you can be back home within 24 hours. Many women find this delivery enjoyable because they feel safe with the presence of the doctor or midwife.

In the Netherlands, most hospitals expanded their services to this facility. The trend towards more outpatient childbirth is likely facilitated by several factors. Some examples are to prevent some disadvantages of a home birth, namely the prevention of cases of "secondary" transfer to the maternity clinic at the occurrence of complications during parturition. Some women feel safer in outpatient childbirth than at a home birth. Then there is the fact that many small apartments are not appropriate for a home birth, and finally it costs much less than delivering in a hospital.

When labour is progressing well, you make your own way to the hospital, or with your independent midwife. The midwife will hand you over to the staff but if you want her to stay then you need to ask. Midwives in the hospital will help you deliver, unless there is a complication. You have to stay a minimum of approximately 4 hours after the birth, although this can differ in different hospitals. Pain relief is sometimes available at the *poliklinische*. Good idea to ask at the hospital where you are going. This place of delivery is regarded as a safety net by most foreigners, as the main hospital is through the next door

Giving birth in a hospital

If you opt for a hospital delivery you must register with a hospital within the first few months of your pregnancy. If you are unsure about where to have a baby at home or in a hospital it is a good idea to register with a hospital anyway. A woman may choose the hospital where she wants to give birth, although most elect to go to their nearest hospital, or one where their chosen midwife or gynaecologist works. The midwife is met at the hospital and if there are no complications an obstetrician will not attend. Most hospitals organise information evenings, including a tour of the maternity unit, which may help you make a decision. Note: unless a hospital birth is necessary for medical reasons, health insurance policies may not cover the entire bill so check with your insurance provider.

Your doctor (*huisarts*) will be able to advise you in your decision.

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Women usually return home within 24 hours of delivery and may be free to leave from as little as four hours after. You will only be discharged once you feel confident and comfortable that you are ready to go home. A stay of less than 24 hours is considered out-patient (*poliklinisch*). Sometimes giving birth does not go according to plan, e.g. your baby could be overdue and you have to be induced, or you might need a caesarean section. In that case, an obstetrician and a paediatrician will provide assistance and pain medication or an intervention. A hospital stay could vary from 24 hours to 10 days, depending on possible interventions during birth and/or necessary post-natal care

List of hospitals

For a list of hospitals, all over the Netherlands, check the following -

Website: http://en.wikipedia.org/wiki/List_of_hospitals_in_Netherlands

You can also refer to the list below:

Amsterdam: <http://www.iamsterdam.com/en/living/familyandhealth/hospitals>

Delft: Reinier de Graaf

Website: <http://www.rdgg.nl/>

Address: Reinier de Graafweg 3 – 11, 2625 AD Delft

Telephone: +31 (0)15 260 30 60

Den Haag: Bronovo:

Website: <http://www.bronovo.nl/Bronovo/en-GB/bronovo/>

Address: Bronovolaan 5, 2597 AX Den Haag

Telephone: +31 (0)70 312 41 41

MCH Westeinde: <http://www.mchaaglanden.nl/>

Address: Lijnbaan 32, 2512 VA Den Haag

Telephone: +31 (0)70 330 20 00

Haga Ziekenhuis:

Website: <http://www.hagaziekenhuis.nl/en/>

Address: Sportlaan 600, Den Haag

Telephone: +31 (0)70 312 62 00

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Leiden: LUMC Leiden University Medical Centre
Website: <http://www.lumc.nl/home/>
Address: Albinusdreef 2, 2333 ZA Leiden
Telephone: +31 (0)71-526 91 11

Pain Relief

Drugs or no drugs that is the question...

In neighbouring Belgium, 60 % of women use pain relief; in the UK this figure is closer to a third. In the Netherlands, only about 10 % of women in labour are given pain relief; caesareans are relatively rare and epidural use is low. Normally, pain medication is infrequently offered during birth and you should bring it to your midwife's attention at the first meeting if it is part of your birth plan. Most Dutch midwives and doctors prefer not to interfere with the natural process of labour and delivery. If you insist on receiving some pain medication, please discuss this with your hospital, as there is an absence of anaesthetists available out of 'normal' hours; so if necessary, do your homework to find out which hospitals can honour your request for pain relief.

N.B. Pain relief is ruled out at a home birth as midwives are not qualified to administer anaesthetics; midwives are restricted to using over-the-counter drugs.

Post Natal Maternity Care (Kraamzorg)

Register yourself with a 'kraamzorg' agency preferably before the 12th week of pregnancy.

Website: <http://www.kraamzorg.nl/>

Click on "Kraamcentrum" and scroll down to the town where you reside

Also, your midwife can direct you to organisations they partner with. Your health insurance provider must be contacted to ensure your chosen kraamzorg is approved by them.

As well as registering your child, during the first week, or even hours after birth, new mothers will be given a 'kraamzorg', (a maternity nurse).

After the birth (regardless of whether you have a home birth or not), a 'kraamverzorgster' – a professional maternity nurse– will come to your house for eight days, for up to eight hours a day. This service is unique to the Netherlands; a medical professional will come to your home and assist you in providing care for your newborn. A good portion, if not all costs, will also be covered by your

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health insurance.

The *kraamverzorgster* will show you how to take care of your baby (bathing, breastfeeding, etc.) and will also look after older children, prepare meals, take care of the laundry, do some light cleaning, and help you to receive your guests. Some nurses may even find time to buy – or bake – the traditional Dutch rusk, *beschuit met muisjes*, for visiting family members or friends. "Beschuit" is Dutch rusk and "muisjes" (literally: little mice) are little aniseeds covered with a thin layer of sugar: in case of a boy they are blue and white, and in case of a girl they are pink and white. The father will also treat his colleagues to "*beschuit met muisjes*".

If you had a home-birth, the *kraamverzorgster* will be there after the birth to help clean up

Doulas

An alternative means of birth preparation is to engage a *doula*, a relatively new phenomenon in the Netherlands, but none-the-less one that is gaining in popularity.

A *doula* is an experienced and trained, non-medical, professional helper, who is there to support and assist the expectant or new mother.

The *doula* will visit the woman's home for four two-hour visits in the last couple of months of pregnancy to help the woman and her partner plan the birth they want. The *doula* will also provide informational support and will help the couple to learn and practise skills that will help with the birth.

Birth *doulas* stay with the mum-to-be during labour and birth, providing emotional support. (A *doula* is not a midwife; but someone who stays with you all the time in labour and supports you). When the woman goes into labour, the *doula* will attend the woman's house to support her in early labour until she is established enough to go to the hospital. She will go with the couple to the hospital and help set up the birth room with the aroma, music and other comfort measures that the woman has planned to include. The *doula* will then stay with the woman throughout the labour until the baby is born, providing support no matter how long it takes.

Post-natal *doulas* assist new mothers once at home with emotional support as well as physical assistance around the home. After the birth, the *doula* will visit the couple once or twice to debrief the birth. Some *doulas* provide birth hypnosis and other support strategies. All *doulas* are on call 24 hours a day for their clients and many provide an on-going postnatal support service.

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Recommendations are always a good source, if, for example, language is a consideration, as is the national directory.

The national website for *doulas* has a directory as well as an overview in English.

Website: <http://www.doula.nl/english.htm>

Child-Birth Classes

Courses are organised to educate women for a natural, normal labour offering you tools to manage your labour pain such as breathing techniques, massage, optimal positions for birth, perineal massage to prevent tearing and tips for recovery after birth. You should also consider how much you want your partner involved?

Of course any prenatal course you attend provides an opportunity to meet other expectant mothers or couples, but the class you choose, and how helpful it turns out to be once labour starts, may depend on your knowledge of the Dutch language. Choose a prenatal group carefully.

A couple would normally attend a four-week course around week 32/34 of pregnancy, which allows them to finish with a few weeks left to take it all on board and do the last minute preparations before the big day. You should register by week 16 as the classes fill very quickly.

- **ACCESS for prenatal courses in English,**

Website: http://www.access-nl.org/our_services/workshop.htm

E-mail: helpdesk@access-nl.org

Telephone: 0900 2 222377

A number of childbirth preparation courses are offered, including: Prenatal Yoga; Breast-feeding; Prenatal Exercise; Postnatal Yoga; Baby Massage with Aromatherapy; Teaching Children to Sleep; Parenting.

- **Bump and beyond** offers childbirth preparation courses in English. The childbirth course is normally split into six classes. All the childbirth classes are for couples; this could mean the mother and her birth partner.

Website: <http://www.bumpandbeyond.nl/>

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- **Great Expectations** Offers courses on Childbirth, Baby Massage, and First Aid/ CPR
Website: www.greatexpectations.nl (<http://www.greatexpectations.nl/>)
Contact: Tina Keogh
Telephone: +31 (0)6 5063 4434
Address: Kerkstraat 35a, Archipelbuurt/Willemspark
 - **Home in Leiden** lots of information on pregnancy and birth
Website: <http://www.homeinleiden.nl/html/Pregnancy.htm>
 - **Hypnobirthing** a relatively new approach to natural birth using proven techniques to help you relax and take control of your birth.
Website: <http://www.comfortablebirth.com/>
E-mail: Marie@comfortablebirth.com
Telephone: +31 (0)6 2485 9763
 - **Prenatal Yoga** relaxation and breathing techniques in pregnancy yoga classes.
Website: <http://www.access-nl.org>
Website: <http://prana2yoga.blogspot.com/>
Website: <http://www.yoga-nl.nu/zwanger/index.html>
- In Amsterdam:**
Website: <http://www.aurora-holistic-center.nl/progs/yogaforpregnancyus.html>
Contact: Odile Matteoda-Witte
E-mail: odilemw@mac.comIn Den Haag
- In Den Haag:**
Website: <http://www.yogashala.nl/b8.html#english>
Location: Houtrustweg (in de Houtrustkerk;
hoek Houtrustweg met de Beeklaan), Den Haag
Postal Address: Tripstraat 119, 2571 DA Den Haag
E-mail: info@yogashala.nl
Telephone: +31 (0)6 2373 87 51

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- If your Dutch is up to scratch '**Samen Bevallen**' is an alternative to pregnancy yoga. The course emphasises the partner's role during labour and arms you both with breathing and massage techniques, as well as practical tips and information
Website: <http://www.samenbevallen.nl/index.html>

Medical Organisations.

Pregnant women may join their local *Stichting Thuiszorg* or the Cross Organisation (*Kruisvereniging*) for prenatal and post-natal services. In each community these organisations offer exercise classes, baby equipment rental, nursing help at home, special beds and lifting devices.

Help for Fathers

A practical handbook for fathers (in Dutch) is "*Baby Management voor Mannen*" by Henk Hanssen.
Website: <http://www.huismannen.nl/site/artikel.php?id=1428>

After the Delivery

The midwife will visit you at home in the first week after the baby is born. If you have seen a gynaecologist instead of a midwife, you must go to their clinic for appointments, or arrange for your doctor or midwife to visit you at home.

You will have a final post-natal check up six weeks after the baby is born

Well-Baby Clinic (*Consultatiebureau*)

From birth until about the age of four, your baby will be monitored and given routine check-ups (health, vaccinations, cognitive and motor development) by the *consultatiebureau*; they also check the development of your child from birth until she/he starts primary school at the age of four. From then onwards, routine health care is taken over by the GGD (Municipal Health Services) and motor and cognitive development by the school doctor. For any other health issues, you should visit your *huisarts* (GP).

The "Green Book" - *Het Groeiboek* (Growth Book)

The district midwife who works at the *consultatiebureau* will visit your home during the first days after your baby is born, to weigh him/her, to take a blood test and to give you a book of information on health and development.

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This book will also contain appointment details at the clinic along with weight and measurements at each visit. There is room for you to make a note of when your baby has reached certain milestones in his/her development. This book is also available in English.

Breastfeeding

Breastfeeding your baby is natural and simple - if you know how to do it and what expect. During the first week of your baby's life you will receive encouragement and support from your midwife and your maternity nurse (*kraamzorg*), to help you on your way to establishing successful breastfeeding.

For information and encouragement see:

Website: <http://www.lalecheleague.nl/>

If you have questions, or if you experience problems, it is a good idea to find a specific forum specialising in discussing problems to do with breastfeeding.

Website: <http://www.borstvoedingsforum.nl/>

Samenwerkende Borstvoeding Organisaties (SBA) (Cooperating Breastfeeding Organisations) - is an agreement of five organisations involved in protecting, promoting and supporting breastfeeding. The individual organisations each have a specific task and with each other the whole field is covered. This website discusses the various tasks to make clear what can be expected from each organisation.

Website: <http://www.borstvoeding.nl/>

Nederlandse Vereniging van Lactatiekundigen (Dutch Association of Breastfeeding Experts) – a professional organisation. Lactation consultants are certified by the International Board of Lactation Consultant Examiners. They provide assistance to mother and child in specific problem situations and, (additional) training of caregivers.

Address: PO Box 1444, 1300 BK Almere

Telephone: +31 (0) 900 LACTATION or +31 (0) 900 522 82 84

Website www.nvlborstvoeding.nl

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Birth Certificate and Registration

All births in the Netherlands must be registered at the *gemeentehuis* (town hall) of the town where the baby was born, not where you live. This will provide the child with a birth certificate. You have only three days to register the birth from the day after the baby was born so make sure you've narrowed down the name list in advance!

The passports, birth certificate and residence papers of both parents must be shown, along with the marriage certificate if they are married, or an official living-together contract if not, and the certificate supplied by the doctor, midwife or hospital. The mother's name must be mentioned on the birth certificate regardless of her marital status. The birth can be registered by the father, the mother or a third person. It's a good idea to check in advance what documentation the particular town hall requires as they can vary. It's worthwhile to request and pay for an international birth certificate at the same time you register for the Dutch birth certificate.

Foreign parents may apply to the consulate of their embassy in the Netherlands for registration of the birth with their home country. This however does not mean they do not need to register with the Dutch authorities. The Dutch registration of birth must be obtained first. This makes it much simpler for you to register the baby with your own embassy and to apply for a passport.

Following registration, those paying Dutch taxes should receive a form entitling them to child benefits (*kinderbijslag*).

On http://www.svb.nl/Images/9160EZ_0910.pdf you can download a brochure.

Forms to apply for child benefit are sent to you automatically after you register with the town hall, so fill them in and return them to receive your child benefit.

For children from 0 – 5 years you receive €194.99 per child per three months, for children from 6 – 11 years, you receive € 236.77 per three months.

Change your will; foreign wills are not recognised in the Netherlands. If something happens to both of you, then it is not automatic that your child will be cared for by family or friends. In fact, if a will is not made with a particular person mentioned to care for your baby / child, then they will be cared for by the state. You need to make an appointment with a Dutch Solicitor (*Notaris*) for this. It may be possible to get an international will notarised in some instances.

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Nationality

Being born in the Netherlands does not mean your child will automatically receive Dutch nationality. If the mother is Dutch the baby automatically gets Dutch nationality even if the father is not. If the father alone is Dutch, the baby must be registered during the pregnancy in order to qualify for Dutch nationality. Parents who are not Dutch nationals should contact the relevant embassy to establish the baby's nationality.

If a couple is not married the father **MUST** legally recognise the baby, as his, through the town hall well before the birth, usually around the 12th week. Both parents need to present themselves on this day. Also a couple which is not married must both present themselves to their consul / embassy 3 months before the birth of the child to inform them that you are pregnant (check with your embassy).

Passports

All babies and minors need their own passport to travel. If only one parent is Dutch the child can claim the nationality of both parents. You'll have to arrange this through the relevant embassies. If neither of you are Dutch, then your child isn't either. Should you want to travel, you will have to apply for a passport for the child from your embassy.

Once you have the passport, you can apply for the residence permit from the IND (Immigration and Naturalisation Service). If you choose not to apply for a passport or residency, then you can claim Dutch nationality for your child after three years. If you do wish to travel with your child then you will have to apply for the passport and residency, and after five years your child will be eligible for Dutch naturalisation (a Dutch passport).

For more details contact the IND:

Telephone: 0900 123 45 61

Website: www.ind.nl

Vaccinations

At birth babies are given vitamin K, and after five to eight days vaccinations are given by the midwife or a local area nurse. After this, the child enters in the usual programme of consultations and has

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regular vaccinations from about six months up to nine years of age.

For information (in Dutch) on the vaccination programme for children in the Netherlands:

Website: <http://www.rivm.nl/rvp/>

Maternity Leave

Maternity leave is regulated in the Netherlands. You are entitled to 16 weeks paid maternity leave starting four to six weeks before your due date (it is a government requirement that you must stop working 4 weeks before the due date). After the birth, you are always entitled to 10 weeks of paid maternity leave - even if the baby is born later than it was due.

During maternity leave, the new mother receives an allowance which matches her salary, but there is a maximum amount. This maximum amount is based on the daily wage, which is €174,64 per day. If she earns more than this, then her income may drop during the period of leave. If the mother is sick after the maternity leave she is entitled to 100% of daily pay.

Fathers are entitled to two days of paternity leave - paid in full by the employer, when their partner has just given birth to a child. These entitlements also apply to people adopting a child and to families with more than one child. Both you and your partner may take unpaid parental leave. This is leave you can take to care for a child who is less than eight years old.

You are entitled to parental leave when you have been working for the same employer for at least one year and are caring for a child who is younger than eight years of age. Both parents are entitled to parental leave. If you have more children, you can take parental leave for each child separately.

According to the Adjustment of Hours Law, people in the Netherlands are entitled to work full-time or part-time according to their needs. Mothers who wish to spend time with their babies and children are allowed to work part-time (four hours per day) returning to full-time employment at later date.

Childcare

ACCESS: Be sure to download the free ACCESS Guide on 'Childcare'

Website: http://access-nl.org/our_services/pdf/booklets/childcare_and_playgroups.pdf

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BLUE UMBRELLA: Assists international parents in receiving their childcare allowance based on the new "Dutch Childcare Act" and with their childcare needs. Also provides Certified First Aid courses for nannies and carers.

Website: <http://www.blueumbrella.nl/>

Further Information

Body Language Foundation: The *Stichting Lichaamstaal* is a non-profit consumers' organisation established in 1980. Its purpose is to distribute information on women-friendly and baby-friendly birth methods and information on contact with babies and young children, widely among parents and professionals, and to make this information easily accessible to them.

Address: Scheyvenhofweg 12, 6093 PR Heythuysen

Telephone: +31 49 565 17 35

Fax: +31 49 565 23 75

Websites: www.bodylanguagefoundation.com; www.stichtinglichaamstaal.nl

E-mail: info@stichtinglichaamstaal.nl

Childbirth in Holland: Take a look at this article for some recommended pregnancy yoga teachers and prenatal classes in English.

Website: http://www.expatica.com/nl/essentials_moving_to/essentials/childbirth-in-holland-38191.html

Delft MaMa: for advice and courses on giving birth in the Netherlands for parents (to be) in Delft and the surrounding area.

Website: <http://www.delftmama.nl/>

GreatExpectations: offers courses in English to prepare for giving birth in The Hague.

Website: <http://www.greatexpectations.nl/>

MR 70: Centre for Sexual Health - clinic offering help and advice

Website: <http://www.acsg.nl/>

Location: Louwesweg 6, 1066 EC Amsterdam

Telephone: +31 (0)20 512 49 03

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Parenting in Holland: gives a good overview of pregnancy and birth in Holland, as well as information for caring for babies and toddlers.

Website: <http://www.parentinginholland.com/>

English Websites

www.parentplace.com good place to start providing a wealth of information

www.babycentre.com comprehensive site with lots of relevant information for pregnancy and beyond)

www.childbirth.org pregnancy photo's, pregnancy calendar, birth plans, birth stories as well as links to other home pages

www.babybox.nl information in English about the Dutch health care system

www.birthvillage.com

www.thepregnancycalendar.com/

www.babyzone.com

www.thefamilycorner.com ages and stages, family and children, pets, travel, parenting, education, etc.

www.healthandyoga.com

Dutch Websites

www.babyvision.nl you can organise your own ultrasound from Baby Vision - 2D echo in Leiden or a 3 D echo in Delft.

www.babyinfo.com

www.babybelly.nl

www.thepregnancycalendar.com pregnancy calendar and weekly newsletter, an interactive website.

www.babypagina.nl overview of links to other relevant sites i.e. *kinderopvang*, *crèches* and *gastouders*.

www.svb.org information about registering your child in the town hall and about child benefit.

www.babypagina.nl gives an overview of links to relevant sites.

www.gezondheidsplein.nl general health page, look under zwanger.

www.aqua-baby.nl water births

www.vvocm.nl aims at self-awareness with regard to changing your posture and movement during pregnancy, to avoid typical pregnancy ailments; also aimed at dealing with your contractions through breathing.

www.acupuncture.nl or [www.nva@acupuncture.nl](mailto:nva@acupuncture.nl)

www.geboorte.nl/ or www.geboortetens.nl for information about TENS machines.

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Maternity nurse website

www.kraamzorgrotterdam.nl/ accommodation for mothers before and after labour. (nappy washing service which is collected weekly- they speak English).

www.kaatjekatoen.nl hires out cotton nappies – collected weekly and clean ones delivered – for subsidies in Leiden area

Pregnancy Physiotherapy

Advice and care of the pelvis during pregnancy, especially for pelvic pain, Contact Francoise Dubbling-Ruijl. www.bekkenfysiotherapie.nl

Breech Babies

www.breechbabies.com

<http://www.womens-health.co.uk/breech.asp>

Shopping on the Internet

www.motherwear.com maternity clothes.

www.nctms.co.uk maternity sales.

www.kiddybips.com cloth nappies with Velcro fasteners.

www.prenatal.nl

www.babypark.nl

www.babyplanet.nl

<http://www.baby-dump.nl/>: a baby furniture / accessories outlet.

www.babyrent.nl hires cots, prams, buggies, even a bike cart

www.baby-walz.nl a store selling everything from maternity clothes through to nursery items and toys for the baby/ toddler

Free Gifts

You can receive free gifts by registering with these organisations.

www.prenatal.nl

www.felicitas.nl

www.rejoice.nl

www.etos.nl

Having a Baby in the Netherlands

Useful Terms : Medical ; Pregnancy ; Birth.

Dutch

English

A

aambeien	haemorrhoids
aangeven	register a child
aankleedkussen	hanging mat
aanstaande (a.s.) moeder	expectant mother
ademhalen	to breathe
afdeling	department, division
afdrogen	to wipe, to dry off
afhalen	take away
afspraak	appointment
ambulance	ambulance
anesthesie	anaesthesia
anesthesiologie	
en pijnbestrijding	anesthesiologist
anesthesioloog	anaesthesiologist
apotheek	pharmacy, chemist
arts	doctor
artskliniek	doctor's consulting room
autostoel	car seat

B

baarmoeder	uterus, womb
bedverhogers	bed raisers (available to hire from a thuiszorgwinkel - a health and safety requirement for a home birth and post-natal care)
bedzeiltje	plastic under sheet
beschuit met muisjes	rusk with sugared aniseeds
besnijdenis	circumcision
bevallen	to give birth
bevalling	labour, giving birth
bezorgt 'thuis	delivered to your door
bibliotheek	library
bilirubine	blood product (too little causes jaundice)
bloedarmoede	anaemia

Having a Baby in the Netherlands

bloeddruk	blood pressure (hoge = high; lage = low)
bloedonderzoek – BMR	blood test BOF (mumps/ parotitus), mazelen (measles/ red measles), rodehond (rubella/ German measles)
boertje	burp
bof	mumps
borstvoeding	breast-feeding
box	play pen
boxpakje	stretch suit, sleeper, baby grow
breken van de vliezen	waters breaking

C

cardiologie; cardioloog	cardiologist
chirurg	surgeon
consultatiebureau	child health/well baby clinic
controle	check-up
couperose	rosacea (tiny red veins in cheeks)
couveuse	incubator
CTG apparaat	foetal heart monitor
curettag	dilatation and scraping of the uterus after a miscarriage or during an abortion (D&C)

D

dauwworm	baby eczema
dekbed	duvet
dekbedovertrek	duvet cover
deken	blanket
dermatoloog	dermatologist
dierenpark	zoo
difterie	diphtheria
DKTP	vaccination against diphtheria (difterie), whooping cough/pertussis (kinkhoest), tetanus and poliomyelitis (inactivated polio virus vaccine - IPV)
dokter	doctor
doppler onderzoek	echoscope technique to check blood flow of the placenta
doptone	apparatus to listen to baby's heartbeat

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dreumes toddler
drogisterij drugstore
drukkerij printer

E
echoscopisch onderzoek ultrasound examination
eclampsie eclampsia - epileptic seizures as a result of high blood pressure during pregnancy
Eerste Hulp bij Ongelukken first aid; emergency room
EHBO Emergency Services Clinic
embryo embryo
extra-uteriene zwangerschap ectopic pregnancy

F
familiedrukwerk printing for family occasions
fietsen to bicycle
flesvoeding bottle-feeding
foetus fetus
foliumzuur folic acid (vitamin B-11)
fopspeen pacifier, dummy
fruithapje fruit puree

G
gaasje gauze
gastouder childminder, babysitter
geboorte birth
geboortefeest party for newborn baby
geboortekaartje birth announcement
geboorteregeling birth control
gemeentehuis town hall
gestopte hart-activiteit fetal loss
gezondheid health
gezondheidszorg healthcare
Gouden Gids Yellow Pages
groeiboek growth book
gynaecologie; gynaecoloog gynaecologist

Having a Baby in the Netherlands

H	
HCG	pregnancy hormone active before placenta takes over
hechtingen	stitches, sutures
HELLP- syndroom	seriously high blood pressure condition affecting kidney and liver
hemdje	vest, undershirt
herhaalde miskraam	recurrent miscarriage
heuponderzoek	hip check-up
HIB	haemophilus influenza type B (vaccination to protect against meningitis, blood poisoning, pneumonia)
hielprik PKU/CHT	drawing of blood from newborn's heel to determine presence of PKU (a metabolic disorder) and CHT (a malfunctioning of the thyroid gland)
hoeslaken	fitted sheet
huidziekten	dermatologist
huilbaby	constantly crying baby
huisarts	family doctor, general practitioner
hydrofiel luiers	diapers; muslins
I	
inentingen	immunisation
Injectie	shot; injection
interne geneeskunde	internist
IVF	in vitro fertilisation
J	
jongeren, jeugd	youth, young generation
jongetje	little boy
K	
keel, neus, en oorheelkunde	nose, throat, and ear specialist
keizersnede	caesarean section
keurmerk	seal of approval
kind(eren)	child(ren)
Kinderarts	pediatrician
kinderbeveiligingsmiddel	child protection/safety device
kinderbijslag	child's supplementary allowance
kinderboerderij	children's farm, petting zoo

Having a Baby in the Netherlands

kinderdagverblijf	day-care centre
kindergeneeskunde	pediatrician
kindermeel	baby cereal
kinder mishandeling	child abuse
kinderopvang	crèche, child care, nursery
kinderstoel	high-chair
kinderwagen	pram; baby carriage
kinderziekenhuis	children's hospital
kinkhoest	whooping cough
klaar zonder koken	ready-to-eat
kleding	clothing
kleuter	young child (4 - 6 years)
klinische psychologie	psychiatrist
KNO	nose, throat, and ear specialist
kolven	to express milk
kopieerservice	photocopying service
kraamafdeling	maternity ward
kraambezoek	visit to newborn baby
kraamcentrum	home maternity care coordinating office
kraamfeest	party for newborn baby
kraampakket	a kit containing the essentials for home birth and post natal care sent by medical insurer to prepare for a home birth
kraamverzorging	maternity care at home
kraamverzorgster	maternity care assistant
kraamzorg	maternity care
kruik, kruiken	hot water bottle(s)
kruipen	to crawl
L	
laken	sheet
lauw	lukewarm
ledikant	baby bed, cot
lege vruchtzak	empty sac
luier	nappy, diaper
M	
maandverband	sanitary towel

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mazelen	measles
meconium	green/black substance in amniotic fluid, baby's first excrement
medicatie	medication
medicijn	medicine
mee te nemen	take away
meisje	girl
miskraam	miscarriage
moeder	mother
moederlijkheid,	motherliness
moederschap	motherhood
moedervlek	birthmark
molton	a square of thick cotton, used as an under-blanket
monster	sample
N	
naakt	naked
naschoolse opvang	out-of-school-hours child care
navelklem	umbilical cord clamp
navelklem	navel clamp
navelstreng	umbilical cord
navelstrengpunctie	blood extracted from umbilical cord (to check for genetic irregularities or diseases)
naweeën	after-pains
O	
ondersteek	bedpan
ontlasting	bowel movement
ontsteking	inflammation
oppas	babysitter, childminder
ouders	parents
ouderschap	parenthood
ouderschapsverlof	parental leave
overgeven	to vomit
P	
particulier	private
patiënt	patient

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persweeën	pushing contractions
peuter	preschooler (2 1/2 - 4 years)
peuterspeelzaal	playgroup
plassen	to urinate
pleister	plaster; bandage
poepen	to have a bowel movement
poliklinische bevalling	out-patient hospital delivery
positiekleding	maternity clothing
pre-eclampsie; pre-eclampsia	too much protein in urine from high blood pressure (can lead to eclampsia)
privéziekenhuis	private hospital

R

Raad voor Kinderbescherming	Child Welfare Council
rammelaar	rattle
recept	prescription
reformhuis	whole food shop
reformvoeding	whole food
restitutie	restitution
rijstmeel	rice cereal
rodehond	rubella, German measles

S

slabbetje	bib
Sociale Verzekeringsbank	National Insurance Institute
specialist	specialist
speelgoed	toy
speel-o-theek	toy library
speeltuin, speelweide	playground
speen	nipple/teat for a bottle
spoedeisende hulp	Emergency Services Clinic (EHBO)
spoedgeval	emergency
spugen	spit up, vomit
spuugdoekje	burping bib
stadhuis	city hall

Having a Baby in the Netherlands

stadsboerderij	town farm, i.e., children's farm
stichting	charitable foundation
stuitligging	breech position
stuwing	breast engorgement
suikerbabies	too much sugar in the blood of diabetic mother resulting in abnormal growth and premature birth

T

tandarts	dentist
telefonische spreekuur	telephone appointment
tepel	nipple
tepelkloofje	cracked nipple
thuisbevalling	home birth
thuiskraamzorg	home maternity nursing care
thuiszorg	home help
thuiszorgwinkel	a national network of shops selling and hiring items for the pregnancy, birth and post natal care
toxoplasrose	toxoplasma
traphekje	stair-gate
trofoblast-ziekte	gestational trophoblastic disease
tweedehands	second-hand

U

Uitgerekende datum	due date
uitleenmagazijn	loan centre
uitslag (huid-)	(skin) breakout; eruption
uitslag (van test)	(test) result
uroloog	urologist

V

vader	father
veiligheid	safety
veiligheidsspeld	safety pin
venkelthee	fennel tea
verband	dressing
vereniging	organisation
verhuur	hire

Having a Baby in the Netherlands

verkoop	sale
verloskamer	delivery room
Verloskundige	midwife
verpleegkundige	nurse (female/male)
verpleegster	nurse (female)
verpleger	nurse (male)
vertrouwensarts	doctor at advice centre
verwijzing	referral
vliezen	membrane (waters)
vlokkentest	chorionic villi sampling
volksgezondheid	public health
volledige	
zuigelingenvoeding	infant formula
voorschrift	prescription
Vreemdelingen Politie	Aliens Police
vroedvrouw	midwife
vrouwenarts	gynaecologist
vruchtwater	embryonic fluid
vruchtwaterpunctie	amniocentesis
W	
wandelwagen	pushchair, stroller
waskussen	changing mat
waterpokken	chickenpox
weeën	contractions
weegschaal	weighing scales
weekenddiensten	weekend services
wieg	cradle
wiegendood	Sudden Infant Death Syndrome (SIDS)
wijkverpleegkundige	district nurse
winkel	shop
wipstoel	bouncing chair
Z	
zeiltje	rubberised sheet or pad
zieke	patient
ziekenhuis	hospital

Having a Baby in the Netherlands

zoogcompressen	breast pads
zorgverzekeraar	health insurer
zorgverzekering	health insurance
zuigeling	young baby
zuigelingen­zorg	care of infants
zuigen	to suck
zuigfles	baby feeding bottle
zwangerschap	pregnancy
zwangerschaps­begeleiding	associated with pregnancy
zwangerschaps­cursus	prenatal course
zwangerschaps­gym (nastiek)	pregnancy gym, exercise
zwangerschaps­verlog	maternity leave
zwangerschaps­yoga	prenatal yoga

Having a Baby in the Netherlands

ACCESS guides available for downloading, free of charge, from the ACCESS website:

- Banking
- Childcare and playgroups
- Food from home
- Having a baby in the Netherlands
- Health care
- Housing and accommodation
- Inheritance and wills
- International primary and secondary education
- Learning the Dutch language
- Marriage , registered partnership, cohabitation and ending a relationship
- Obtaining a driving license in the Netherlands
- Post Office
- Public Transport
- Social Security
- Starting your own business
- Studying in the Netherlands
- Telephone, internet and television
- What to do when leaving the Netherlands
- Working in the Netherlands

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