



personal care plan

www.amstermam.nl
mail@amstermam.nl

general number: 020 210 3170
emergency: 06 18543341

amstermam,
verloskundigen

welcome,



on behalf of **amstermam midwives**, we wish you a warm welcome! Before you lies your care plan. In this care plan we would like to inform you about the care that we have to offer you in the upcoming months. Read the care plan carefully, it contributes to a good preparation on the expansion of your family and it lays a foundation for a healthy course of the pregnancy, birth and the postpartum period.

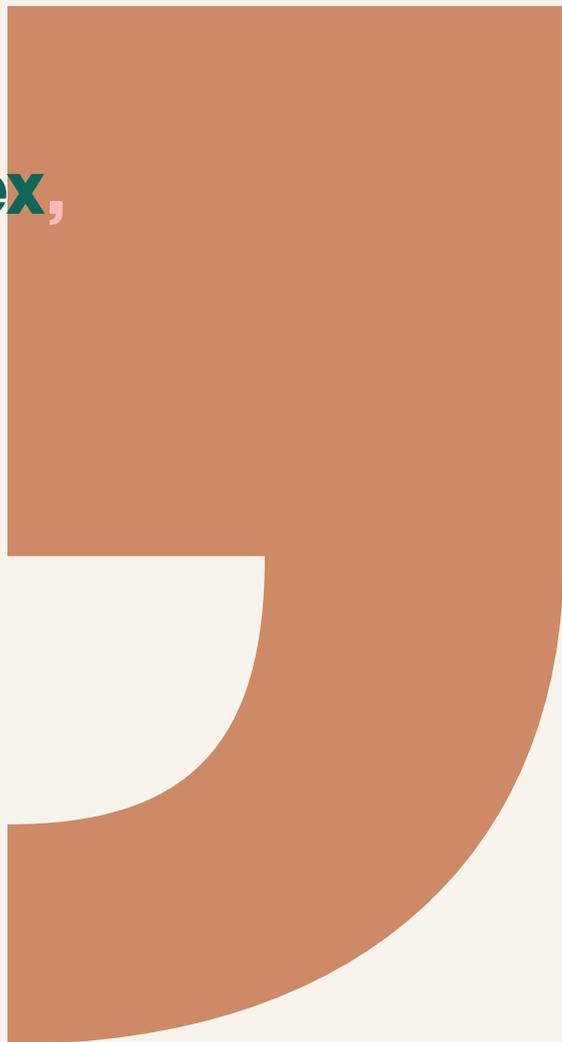
Amstermam builds your personal, medical & digital file in Orfeus. If you want to be able to view it, download the Orfeus app for pregnant women on your phone or tablet and ask us for your personal login code.

Again, a warm welcome and we wish you a beautiful pregnancy!

amstermam,
verloskundigen

more than you expect,

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about amstermam,

vision

At **amstermam** we provide care through the Centering Pregnancy model. An innovative way of providing care that we are very enthusiastic about.

You may have heard it before: “It takes a village to raise a child” And that’s why we think Centering Pregnancy is so great! Under the guidance of one of our midwives, approximately 12 women of the same gestational age meet and are given a much greater role in their own care process than with traditional care. Because:

- more time and attention than with the traditional form of care
- better preparation for childbirth, maternity period and parenthood
- you get to know people in the same phase of life and city as you
- women feel more supported in motherhood as a result

2 teams

We work in 2 teams of 3 midwives: team West & team East. In addition to a fixed group, you will see a similar face of the accompanying midwife & co-supervisor for 9 sessions. As the due date approaches, the group shrinks; some pregnant women give birth early, others give birth late. During this last period you will meet a 2nd midwife and the frequency of the appointments will become weekly.

In general, you saw two of the three midwives from your team around the time of delivery.
*subject to holidays & illness.

When you contact us for acute matters (such as pain, blood loss or childbirth), you will find a midwife from the team of 3 you are part of. You may only meet a midwife from the other **amstermam** team during weekends, holidays or in case of illness. All our midwives always have access to your medical file and your care plan.

accessibility

The practice has two telephone numbers, one for urgent matters and one for administrative questions or rescheduling appointments with our assistant. The emergency number is always available unless we are on a call. In case you have tried calling repeatedly, but get no answer, you can call the doctor's service on 020-5923862. They will ensure that one of the midwives will call you back.

our general number 020-2103170

- We are available for administrative matters during office hours
- general questions such as rescheduling an appointment, requesting a pregnancy or employer's statement, etc. can also be submitted by e-mail. It has our preference and we respond quickly to it.

the emergency number: 06-18543341

- choose your own team in the menu by choosing option 1 or 2
- for questions that you want to ask directly to one of the midwives from your own team, you can call the emergency number during office hours
- outside office hours we can only be reached on the emergency number for deliveries or other urgent matters
- do not send SMS or WhatsApp messages, they will not arrive
- we always call ANONYMOUS, keep this in mind in the coming months.

change appointment

To change appointments, we ask you to call at least 24 hours in advance. If appointments are not canceled or are canceled too late, we are forced to charge costs for this. We can no longer fill up the time that has become available. The costs vary between €20 and €40, depending on the time available for the planned (ultrasound) appointment and are not reimbursed by the health insurance.

9 month plan and frequently asked questions

Frequently asked questions, including answers, are listed on our website at "FAQ". You will also find our 9-month plan on the website to which you can subscribe free of charge. Adjusted to your due date, you will receive the information that matches your gestational age in your mailbox. Super handy!

care during pregnancy,

early ultrasound & intake

We plan (if you wish) an early ultrasound around 8 weeks to see if a heart is beating and an intake. You will receive an invitation to our Online How about Amstermam- Webinar via Zoom. Here you will become acquainted with the practice and our working method. There is also room to ask questions. Everyone is welcome to attend this information session without obligation. Sign up via mail@amstermam.nl.

INTAKE 8/9 weeks

One of the midwives from your team will receive you and your partner for an intake. Prior to this appointment, we would like to receive a completed questionnaire by email, so that there is plenty of time to get to know each other and answer all your questions (60 minutes).

The intake appointment is scheduled around 8-9 weeks. During this appointment there is time for the first acquaintance and we go through the medical history of you, possibly your partner and family. We discuss the Centering Pregnancy method. We also inform you about the practice, the expected care and, if desired, about prenatal testing.

Your blood pressure will be measured, we will check your BMI and you will receive a form to have a standard pregnant blood test done. In this test, your blood group is determined, together with your iron level and research is done into a number of infectious diseases. This research is not conducted at our own location. Your midwife will explain to you where to go.

ultrasounds

At **amstermam** we provide all medically offered ultrasounds. In collaboration with experienced sonographers, we aim to provide all clients, if desired, with an early ultrasound, term ultrasound, the 13- & 20-week ultrasound and the position ultrasound around 35 weeks. If there is an indication for a follow-up ultrasound during the pregnancy, you can also contact

us for this. There is also room to schedule ultrasounds at your own request: fun ultrasounds. For example, the gender ultrasound (from 14-15 weeks) or 2D/3D/4D ultrasounds. Curious about the possibilities? Check out our website for rates and offers or inquire with the assistants.

centering pregnancy

We believe it is very important to provide a safe place to ask questions and exchange thoughts. That is why we work with fixed groups. This creates special and long-lasting bond with women who are in the same stage of life.

Each group meets 10 times: 9 times during pregnancy (possibly 10-14 times, depending on when you give birth) and once after delivery. The group meetings last 2 hours. This involves much more time and attention than during a regular consultation (15-20 minutes). Each session we discuss various topics together. You start when you are between 14-16 weeks pregnant.

- session 1-4: every 4 weeks, two hours
- session 6-9 every 2 weeks, two hours
- session 10-14 if you haven't given birth yet: one hour every week

All dates for your group are already set, which makes it easy for you to plan. Did you know that you are officially free for these meetings? We have drawn up a letter for your employer and, if desired, we will pass it on to you.

The Centering Pregnancy meetings are held at Westerdok 808 by team West and at Laagte Kadijk 148 by team East.

traditional care

In some cases, Centering Pregnancy is not possible: for example, because you enter later and groups around your term are already full. The traditional way of care offers all necessary consultations. We cannot guarantee a fixed face here. For information that is included in our Centering Pregnancy program (such as breastfeeding information and information about childbirth), we advise you to follow a course at, for example, the Birth Center Amsterdam.

walk-in hours

Would you like to hear the baby's heartbeat in between appointments? Come to our walk-in consultation hour! Every week we keep Wednesday afternoons free at our location in the city center at Spuistraat 239-1 from 15:00-15:30. Stop by for a quick question or listening to your baby's heartbeat without making an appointment. Please note that we have 5 minutes for you :)

care during pregnancy,

baby's movements

A child that moves feels healthy! Conversely, a child who is not feeling well will move less or lie still to save energy. Therefore, it is important to take this matter seriously and let us know about changes in the baby's movements, especially if the baby is moving much less than you are used to.

Feeling child movements starts around the second half of the pregnancy. From a gestation period of 26 weeks, it is important that you feel the baby move every daypart. The periods of sleep lengthen as the pregnancy progresses and the baby has less room to move towards the end of the pregnancy. As a result, you will usually feel the baby move less expressively in the last weeks of your pregnancy. These are always gradual changes.

If you are unsure whether your baby is moving enough, follow the next steps: take a moment to rest (so go home when you are at work) and eat something sweet. Find a relaxed position, such as lying on the couch, bed or bath, and bring your attention to the baby. Make sure that there are no distractions from, for example, telephone or TV. Place your hands on your belly so that you can also feel the movements from the outside.

How often should you feel the baby move?

- At least 10 times throughout the whole day (morning, afternoon and evening), when you are engaged in daily activities.
- At least 10 times within 2 hours, if you are resting and paying attention to the movements of the baby.

Contact us on our emergency number:

- When you do not feel the baby at least 10 times within 2 hours, while you were resting with your attention on the baby.
- When the baby suddenly moves much less than you are used to.
- If you are worried or in doubt about the number of movements of the baby.

the growth of your baby

From 26 weeks of pregnancy, we measure the length of your uterus in centimeters during an external examination. For a reliable measurement it is important that you have an empty bladder. The results are recorded in a personalized growth curve. If we see an abnormality in the growth line of the child, we will use appropriate follow-up research. Scientific research has shown that this method of controlling the growth of the baby is the most reliable. Measurement of your abdomen is done every 2-3 weeks at most and by a maximum of 2 midwives.

maternity care

After you have given birth, it is important that you receive care and guidance. The care you receive is provided by a maternity nurse. The maternity nurse takes care of you and your baby, provides information and advice, guides you with (breast) feeding and also carries out important checks. These checks are important for your health and that of the baby.

Register for maternity care in time during your pregnancy. This is not automatically arranged now that you are under care with us; maternity care is provided by a maternity agency. During the intake you will receive tips from your midwife about various agencies in Amsterdam.

acknowledgement

You want everything to be well organized for the baby, especially when something happens to you or your partner. Therefore, make sure that your partner has already acknowledged the baby before birth, if desired. This creates a legal bond between your partner and the child. After the birth, parental authority is officially applied for so that your partner has rights and obligations with regard to your child. During the acknowledgement you also decide which surname the baby will have.

You acknowledge the baby by going to city hall together, do not forget your identification. With a second child, you can authorize your partner to acknowledge the baby, and you do not necessarily have to come along.

If you are married or in a registered partnership, your partner does not have to acknowledge the baby.

care during pregnancy,

information sessions

During our online How About Amstermam-webinar you will get to know our practice for the first time. We share our vision and discuss what care can be expected of us in the coming months.

Being pregnant goes hand in hand with a number of changes. Some are very practical, others are also physical and mental. In order to live and experience this period with confidence, all information has been included in the Centering Pregnancy program. We consider the basics, impart knowledge and offer tips for further deepening that corresponds to your personal interest, because knowledge also gives confidence!

If you receive traditional care from us, we refer you to the Bevalcentrum West for additional information* about giving birth. This birthing course takes you through the different phases of childbirth, the options regarding the place of delivery and coping with the contractions.

*this information is standard part of the Centering Pregnancy program at **amstermam**.

pregnancy education

It has been scientifically proven that good preparation often leads to a positive birth experience. Therefore attending a course is highly recommended by us! Because pregnancy courses are regularly updated to match needs, new views and insights there is something suitable for everyone. During the course you will receive information that extends beyond our guidance. It varies from theory about the delivery process to very practical relaxation exercises that you can use during your delivery to deal with contractions. Some physical preparation is

also advisable; after all, a fit body has a positive effect on birth! Above all, look for something that suits you. There is yoga, gym, fitness, hypnotherapy, massage, swimming, hypnobirthing, haptonomy, mensendieck and much more. For a complete overview you can view our folder win one of the waitingrooms, check our website or ask us for specific tips!

role of the gynaecologist

During your pregnancy we are your first point of contact. During the pregnancy it may happen that an extra check-up with the gynaecologist or midwife in the hospital is advised. In such a case, we will discuss your file with the other healthcare provider and ensure a complete transfer. Depending on the reason for this extra check-up, you may remain under the care of a gynaecologist temporarily or until after the delivery. In the latter case we meet again after the baby is born and you are both back home.

care during birth,

place of delivery

Your body is most relaxed where it feels at home, safe and secure. The hormones that trigger the contractions are released best when you feel relaxed. This also benefits the handling of the contractions and reduces the chance of interventions. It is therefore important to us that you choose a place to give birth where you feel comfortable. As soon labor has started, we always visit you at home first. Only then you have to make a final decision where you want to give birth and we will support this choice!

If you choose to go to the hospital, we will ask for the hospital of your preference. We are officially affiliated with the OLVG West, but the OLVG East is just as well known to us. Keep in mind the hospital of your choice may not have space at that time; if this is the case, we will continue to search for a different hospital for you. You must arrange transport to and from the hospital yourself. Also to keep in mind is that many health insurances charge a personal contribution for hospital births. These costs cover the use of the delivery room. Please, ask your health insurance for the exact costs.

role of the gynaecologist

In principle, as a midwife we only supervise uncomplicated deliveries, although we are of course educated and trained to be able to act adequately in acute matters. If there is no acute situation, but there is a medical indication to deliver under supervision of the hospital, we will transfer the care to the gynaecologist or the obstetrician.

They will then guide you further through labor. The midwife who is present at your delivery will accompany you to the hospital. She takes care of the transfer of your pregnancy file and birth wishes so that they can be taken into account where possible.

birth plan / birth wishes

It is known that women who are well informed about what can and will happen during the delivery and feel involved in the decision making, have a more positive birthing experience. When you write down wishes and expectations about the delivery and the period after, you list them for yourself and us to easily fall back on. It is important to realize that you never know in advance exactly what you want or need at the moment. That is why it is especially important to think about how you would like to be guided, what you need to feel confident and dare to let go, even if things sometimes go differently than expected. You write your thoughts and wishes in a birth plan.

tips for writing a birthplan

Gather as much information as possible before you start writing. Keep it a simple and concise list, this way anyone who reads it understands your wishes. Above all, describe what is really important to you. We would like to receive the birth plan digitally so that we can add it to your medical file: mail@amsternam.nl.

Various formats for a birth plan can be found on the internet. Below are a few questions that may help you:

- Where do you want to give birth?
- Who do you want to accompany you during the delivery?
- What guidance do you expect from those present?
- How do you want to deal with the pain of contractions (physical, mental, medical)?
- Is a student midwife welcome?
- Do you want to breastfeed or bottle feed your baby?
- Do you have special wishes if medical intervention is required?
- How do you want communication to take place?
- Are there certain fears of you or your (childbirth) partner that we can take into account?

care during birth,

supply checklist

You're advised to have the following supplies at home before the 37th week, regardless of the planned location of your delivery:

- 2 thermometers
- bed blocks / bed raisers. The height of the bed must be +/- 80 cm from the ground to the top of the mattress. Raisers can be hired from Thuiszorg Amsterdam. You can order them via www.vegro.nl. Crates are also an alternative.
- 1-2 metal baby hot water bottles (1 in the spring-summer months, 2 in the autumn and winter months).
- at least 10 hydrophilic diapers (washed) and 5 hydrophilic washcloths
- 1 pack of diapers and wipes
- other care products for the baby
- baby clothes size 50/56, at least 2 hats and a wrap
- changing mat
- cradle (incl mattress/sheets/blanket)

The most important thing: your maternity package! Ask your health insurance company whether they provide a maternity package for you or whether you have to purchase one yourself (available from us, or from a pharmacy).

standard maternity package

- sterile umbilical clamp
- 10 sterile gauze pads (large)
- 1 box of sterile gauze pads (small)
- 1 bottle of 70% alcohol
- 1 pack of zigzag cotton wool

- 2 packs of maternity pads
- 5-10 cellulose mats / pads

extra home birth supplies

- mattress protector (you can also use: a tarp / shower curtain)
- garbage bags
- hospital bag (in case you have to go to a hospital for medical reasons.)

your hospital bag

- your complete care plan from us and the green booklet from the maternity care
- proof of identity and health insurance card
- photo or video camera (and extra batteries / memory card) + telephone charger
- If you don't have your own transport: cash for the taxi
- € 1 coin for the wheelchair

For yourself: toiletries, comfortable clothing for childbirth, warm socks, slippers, clean clothes and underwear for after childbirth, energy drink / dextro / dried fruit.

For the baby: clothes (set size 50 and a set size 56), hat, maxi-cosi and a wrap.

NB. You leave the maternity package at home, and you don't need to bring towels.

maternity care

In the Netherlands, we are convinced that the best place to start as a family is at home. This is possible, among other things, through the care you receive at home: maternity nurse. She is a specialized nurse in mother & child recovery and supports the new family where necessary during the first 8-10 days after your delivery, to offer you the time and space for your recovery. The maternity nurse will perform all physical checks on you and the baby. She will guide you through breast or bottle feeding and will teach you and your partner a lot about the care of your baby. If she cannot or may not resolve complications herself, she will always consult with us. In such a case, we sometimes do an extra home visit.

midwife

Our role does not end after delivery! We do home visits, usually 2 or 3 times. We will reflect on your physical recovery, hear how you, your partner and the baby are doing and offer appropriate support during feeding. We try to plan the visits during weekdays as much as possible.

The joy is often great, but on the other hand there is also the new sense of responsibility, which can be overwhelming. This also makes the postpartum period an intense and emotional time. Many, often beautiful, changes are taking place. But fatigue and hormonal fluctuations are also part of this. It is normal that not all new mothers are on a pink cloud after giving birth. We are also available for psychological and emotional support, and you Centering Pregnancy-group of course!

postpartum support,

advice for mom; the first 24 hours

afterpains

The uterus contracts forcefully after delivery to prevent unnecessary blood loss. Afterpains often develop during breastfeeding. To ease the pain you can use a hot water bottle and / or take paracetamol: 2x 500mg every 4-6 hours.

blood loss

The first days after delivery your blood loss can be compared to a heavy period. You can also lose clots, sometimes the size of an orange.

Call us when:

- a maternity bandage is completely full within 30 minutes
- you have lost more than 2 large clots

stitches

If you have stitches, it is important to keep the wound clean. After every visit to the toilet, rinse with lukewarm water or in the shower. Rinsing also relieves pain when urinating by diluting the urine.

urine

It is important that you urinate within 6 hours of giving birth. If you can't urinate, please contact us. Drink enough and go to the toilet every few hours, even when you don't feel the urge.

feeding

breastfeeding

Important: the baby has enough reserves for the first 24 hours! However, it is wise to stimulate the breasts in those first 24 hours, so that milk production starts. It starts with little drops of milk, but don't worry, it gradually becomes more!

Put the baby on the breast as soon as the baby wakes up and you notice (feeding) signals such as smacking, sucking on the hand, moving the tongue along the lips. The baby is properly latched when he / she has enclosed the nipple and part of the areola with the mouth, the lips are curled out and the tongue is visible when you gently push the lower lip down slightly.

Start feeding with the breast you fed last in the previous round of breastfeeding

formula

- Prepare the formula according to the instructions on the packaging.
- Give 10-20 cc of formula per feeding every 3-4 hours (this applies to the first day).
- Once heated, do not use this formula again!
- All bottles and attachments you use for the first time: boil for 5 minutes to sterilize.

advice for the baby

crying

If the baby is crying, it can be due to various causes: dirty diaper, too hot or too cold, hunger, need to suck (give your little finger with the nail on the tongue), or (often the most important!) the baby just wants to be with you.

the first diapers

Keep all changed diapers for the first few days before maternity care. Girls may have a little vaginal mucus and / or blood loss (pseudo menstruation) due to hormones from the mother. The first stool is usually black and tarry. If necessary, lubricate the buttocks with petroleum jelly or baby oil to make them easier to clean.

nausea

For the first 24 hours, the baby may be a little nauseous due to swallowing amniotic fluid and / or blood during labor. Do not be alarmed if the baby has to gag or spit, turn the baby on its side and pat gently on the back.

postpartum support,

temperature

The baby's temperature should be between 36.5 °C and 37.5 °C.

Measure the temperature 1 hour after returning home and before the night. Insert the thermometer into the anus up to 1 cm past the metal tip. This seems deep, but it is normal. Use a little bit of petroleum jelly as lubrication. If the temperature is higher than 37.5 C, remove a blanket or remove a layer of clothing from the baby. If the temperature is lower than 36.5 C, put a hat on the baby and give a new bottle. After 1 hour the temperature should be back towards 37 C, if not, contact the midwife. Contact the midwife immediately if the temperature is below 36 ° C and above 38 ° C.

position

Put the baby on his / her back to sleep. Try to change the position after each feeding to make the face look in the opposite direction.

color

A healthy newborn has a pink or tinted skin color. If the baby looks blue, gray, yellow or another color, call us immediately!

GGD and consultatiebureau

The GGD will visit you during the maternity period for the heel prick and the hearing test. Your first appointment with the consultatiebureau is also arranged through the GGD. They 'officially' take over the care for your child from us. At the end of the maternity week, all important data will be transferred to the consultatiebureau of the Ouder en Kind Centrum in your neighbourhood. This way you do not have to explain all details to the healthcare provider again and no, possibly important, information is lost. The GP will also receive a letter with the birth announcement and with all relevant details about your delivery and maternity week.

closing session

When everyone has given birth, we will meet again. This session focuses on your physical and mental recovery. What is parenting like, how do you find your peace of mind, do you feel you are improving physically? If desired, we will check your abdominal muscles and, if necessary, check the healing of the wound. We are also curious how time has influenced your view of your birth and there is room for your story. Only after this session the circle is complete and we will close the care if you are ready. Your well-being comes first. If you prefer a physical check-up sooner, you are always welcome at our practice.

contraception

To offer your body enough time for recovery after a pregnancy and not to get pregnant again immediately, it is advisable to think about contraception. At **amstermam** we provide information and advice on different methods of contraception and we are happy to help you make the right choice. It is also possible to have different types of IUDs placed at our practice. Would you like to learn more? Check out our website or contact us.

when to call us,

We are available 24 hours a day, 7 days a week for emergencies during pregnancy, delivery or postpartum. Call on **06-18543341** and choose your own team. Below are the most important situations that we should always be aware of.

call instructions during pregnancy

During pregnancy, you call the emergency number **06-18543341** for the following matters:

- blood loss more than a drop
- more than 6 painful hard bellies per hour (before 37 weeks)
- when in doubt about a premature delivery (before 37 weeks)
- amniotic fluid loss (before 37 weeks).
- persistent fever (more than 24 hours > 38 degrees)
- if you feel the baby move less than usual (see child movements page 10)
- one ,or a combination, of the following complaints after 24 weeks of pregnancy:
blurred vision, headache, nausea, fluid retention, tingling fingers and / or the feeling of a tight belt under your ribs.
- if you have concerns about your health or that of the baby!

call instructions during delivery

NB: In case of blood loss, contractions or amniotic fluid loss before 37 weeks: call immediately. From 37 weeks, you can call the emergency number **06-18543341** for the following points:

contractions

First child? Then call us after 1 to 2 hours of regular contractions that come every 3 to 5 minutes and last for about 60 seconds. The break between the contractions is therefore 2 to 4 minutes.

If you have already given birth before, the following applies: call us when you have contractions every 5 minutes for 40-60 seconds or when you feel that you are about to give birth.

amniotic fluid loss

Collect some in a maternity pad or clear glass and note the color. Is the fluid:

- clear or pink; at night-time call us around 10:00 am the next morning
during the day: call immediately
- green or brown: call immediately (regardless of the time)

If the head had not yet descended/engaged properly at the last check, call us immediately after the membranes break and lie down (regardless of color and time).

Keep whatever has gotten wet (clothing, maternity pads, etc.) for us. Record the time when the membranes broke. Measure your temperature every 4 hours and call if you get a fever (> 38 degrees).

blood loss

If you lose bright red vaginal blood without contractions, call us immediately.

If you lose your bright red vaginal blood with contractions and if it is more than a period, call us immediately.

call instructions post partum

After birth, you call us:

- with extensive blood loss, when a sanitary napkin is soaked full in 30-60 minutes or with a sudden rapid increase in blood loss
- with persistent abdominal pain
- with a fever above 38 degrees
- if the baby has a temperature below 36.5 degrees or above 37.5 degrees
- when you want to discuss maternity care
- if you are concerned about your health or that of your baby

pregnancy calendar,

what to expect when?

intake (8-9 weeks)

information about **amstermam**
discuss questionnaire & submitting consent forms
counseling on prenatal screening if desired
explanation of standard blood tests
walk-in hours
login Orfeus app: practice number: 1963, personal pincode:
follow @amstermam.nl on social media :)
sign up for the 9-month plan at www.amstermam.nl

around 11 weeks

term ultrasound
NIPT (from 11 weeks, if desired)

around 13 weeks

13 weeks ultrasound (ETSEO, medical)

around 12-16 weeks

start Centering Pregnancy, 2h sessions
on request: gender reveal ultrasound (from 15 weeks)

around 20 weeks

20 weeks ultrasound (SEO, medical)
on request: fun ultrasounds 2D/3D/4D (best between 20-30 weeks)

around 34-36 weeks

position ultrasound
Centering Pregnancy, weekly sessions 1h

around 35 weeks

discuss birth plan / wishes

closing session Centering Pregnancy

Pick a date with your CP group! Approximately 6 weeks after the last baby is born.

do	when	extra	
blood test	from 11 weeks a.s.a.p.	more info during intake	
arrange maternity care	before 16 weeks	more info per email after intake	
daycare	a.s.a.p. preferably around 10-14 weeks	how many daycare hours you think you'll need? Schedule some visits.	
acknowledgement (unless married, registered partnership or acknowledgement is undesirable)	preferably before 24 weeks	make an appointment at gemeente Amsterdam (or elsewhere if the waitinglist is too long)	
attending a maternity course	from 20 weeks		
whooping cough vaccination	from 22 weeks		
maternity care package	before 34 weeks	order at your health insurance, pharmacy or at amstermam	

contact,

West (visit- & mailaddress)
Westerdok 808
1013 BV Amsterdam

East
Laagte Kadijk 148, Amsterdam

Centre
Spuistraat 239-1

practice assistant
020-2103170, Monday until Friday

Emergency line
06-18543341 day & night available
in case of a dead line: 020-5923862

making or changing appointments:

020-2103170 or mail@amstermam.nl

Walk-in consultation hour at **Spuistraat 239-1**
Every Wednesday 3pm-3:30pm.