

Info card I: Giving birth

- Who will be present during delivery?
- Special wishes regarding posture (bed, birthing stool) and contractions (eg. bed, shower, bath, music, light)
- Pain relief
- What do you expect from the care providers (midwife, nurse, obstetrician or maternity carers)?
- Photos and videos
- Seeing your baby after birth
- Having your baby on your belly or breast directly after birth
- Cutting the umbilical cord
- Washing your baby
- Dressing up your baby
- Visits after childbirth
- View and save the placenta
- Are there any other things that the care providers should know?
- Visit www.steunpuntnova.nl/hulpkaarten for more information and tips



