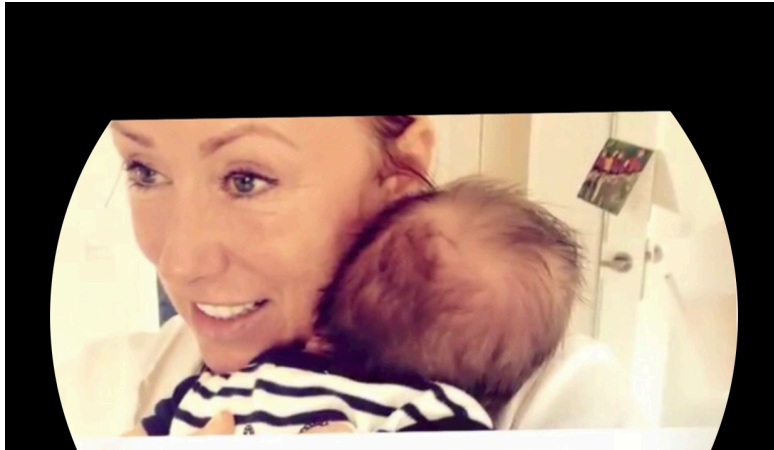


Your maternity nurse Esther de Vries



In this brochure, you will read about the different ways in which Esther de Vries will assist you, your baby, and your family – during your pregnancy, the delivery, and of course the postnatal period.

When you have finished reading, you will have enough information to decide if you and Esther de Vries are a match.

It is good to know that each year thousands of families are, just like you trying to find the most reliable maternity care.

That is exactly what Esther does, giving 'her' families a good start.

This is something that you will notice. You will also discover that you can relax in your new role as a parent because Esther is an expert in her field.

You will learn all you have to know about taking care of your baby, so that you can take over independently and with confidence after the maternity period.

And Esther will start with that right now.

All the information in this brochure will start preparing you for parenthood.

The maternity period, what to expect?:

If you are having your first baby, especially the first one, you probably have little idea of what to expect of parenthood.

It helps to read up on it and maybe there are young families around you so you can get an idea. But.. *Your experience is unique. Every baby and every family are unique.*

That is where Esther de Vries is good at: adapting to your family, to our needs and what feels good to you. That is why you have an intake interview with her well in advance. During the intake interview you can indicate what is important to you, for example, what the maternity nurse should keep in mind during the delivery regarding older siblings or your household. Of course, you don't have to tell us everything as you can rely on Esther having the awareness, professionalism, and experience to ensure everything progresses as it should.

Caring for mother and child is the priority:

In order to help your family make a good start after the birth of your baby, Esther comes to your home every day during the first eight days after delivery (maternity period) minus the days that you have spend in the hospital.

It is called maternity care for good reason: caring for mother and child is the priority during the maternity period. And of course, your whole family is in good hands.

Getting used to the daily schedule:

Your baby needs to be fed every few hours, needs to be changed regularly, have an occasional bath, get plenty of sleep, and you of course also need time to enjoy your baby. That may sound simple enough, but it can take up the whole day.

That is why during the maternity period, the maternity nurse will help your family to find a good daily schedule. So that you are well prepared for the time after maternity care.

What happens during a day of maternity?:

The broad terms, the day proceeds as follows:

Esther comes at the agreed time and stays the agreed number of hours.

Together you discuss how the night went.

You are given breakfast (in bed).

She checks and cares for your baby.

She gives you a check-up.

If you wish, she will assist you taking a shower.

She keeps track of when it is time for breast/bottle feeding and gives you advice and help with it

She monitors your health and your baby's and, as required, coordinates with the midwife, GP or other organizations.

During the day, both mother and father can turn to the maternity nurse with any questions or to address any feelings.

Esther also has time for older siblings; perhaps by playing a game, collecting them from school or reading them a book.

She cleans the bathroom and toilet(s). In consultation with you, she changes the bedsheets, does the washing and tidies the house.

She makes sure you drink enough, and she gives you your daily portion of fruit. She will make visitors feel at ease, however, also cautions that mother is priority #1. You may have questions about the rest of the day or the upcoming night, you can always talk to your maternity nurse before she leaves for the day. She records information in the Maternity Guide (a sort of maternity diary).

Things you should know about maternity care if you deliver in the hospital:

Under the care of a gynecologists, Esther can go directly to your home as soon as you arrive.

If you have a home delivery:

Esther will assist the midwife and she will support you, from fetching a glass of water to giving you an extra hand to squeeze.

Directly after delivery, Esther will care for you and your newborn baby. She'll help you breastfeed your baby for the first time within the first few minutes, if you will be breastfeeding.

After the delivery, Esther will keep a watchful eye on you and your baby. She will also help the midwife clean up. If you would like a shower after the delivery, then Esther will assist you. And she will make sure you can return to a fresh, clean bed and that your baby is placed with you.

Who will be coming by during the maternity period?:

The phone and doorbell will ring regularly during the maternity period. Esther will help you arrange it all so it works out well for your family.

Lactation specialist:

Breastfeeding is completely natural but it doesn't always come naturally. Mother and baby need to get the hang of it. Esther will support you and she can help you on your way. Should it continue to be difficult, Esther can arrange a consultation with a lactation specialist so that you and your baby receive professional support with breastfeeding. One consultation may be enough. Sometimes more are needed.

Midwife:

After your delivery, your midwife will visit you a few times to see how you and your baby are doing. And also to discuss the delivery. Most mothers and fathers like that, after all it is one of the most amazing experiences of your life. And if you still have any questions, you can ask your midwife.

Hearing test and heel blood test (Netherlands):

A nurse from the local child healthcare organization will visit you at home to perform a hearing test and a heel blood test for your baby.

She'll check whether your baby's hearing is progressing as it should.

She'll take a small blood sample for the heel blood test.

This is tested to detect the possible presence of several rare but serious genetic disorders. Hence, it is a very important examination!

The health clinic (child healthcare organization Netherlands):

After the maternity period, Esther will transfer the care of your baby to your local health clinic. At the health clinic the doctor and assistant will monitor your child's growth and development. You can turn to them with all your questions, for example about feeding, caring for and raising your child. At the health clinic, your child will also be given vaccinations against several diseases (if you participate in the national vaccination program).

You'll take your baby to the health clinic for the first time when your baby is four weeks old. The final time is just before your baby's fourth birthday. You will be called up for each visit.

Maternity visits:

And then there are of course the maternity visits.

You may want an 'after-birth party' so you can receive all visitors in one time.

Or you may prefer to receive your family and friends one at a time.

Esther can help here and there if agreed upon.

And she will lovingly prepare 'goodies' for the visitor(s).

Well prepared for breastfeeding and/or bottle-feeding:

Have you already thought about how you will feed your baby?

I consider breastfeeding to be the best start. That is why I am trained by a lactation specialist, so that you and your baby are given a high level of assistance during the maternity period. I will discuss your wishes and considerations during the intake interview.

Breastfeeding:

Mother's milk is the most unique drink in the world.

It is perfectly aligned to your baby's needs from the very first drop.

And the composition changes as your baby gets older. With breastfeeding, your baby gets all the nutrients he or she needs to grow healthily and develop.

Esther will provide valuable information about the benefits of breastfeeding and how you can prepare yourself properly.

As a mother, right after delivery, your naked baby is placed with you for at least one hour (this skin-on-skin contact is important for mother and child).

You receive clear instructions on positioning your baby on the breast and how to ensure you produce enough milk. If despite her guidance, breastfeeding doesn't go as well as you had hoped, Esther will arrange a visit from one of our lactation specialists.

Bottle-feeding:

If for any reason you can't or don't want to breastfeed, or should you wish to combine breastfeeding and bottle feeding, Esther will assist you.

She gives you advice on choosing the right formula, on determining how much milk your baby needs and about how to prepare the bottles.

Your body will not take any notice of your decision to bottle-feed.

The hormones in your body will produce breast milk.

For the first few days after delivery, you will feel a build-up of pressure, resulting in leaking breasts. Esther has tips for you on how to deal with this in the most pleasant way.

Breastfeeding in 5 steps

Step 1:

During pregnancy your breasts prepare for breastfeeding.

Sometimes a few drops may escape.

Step 2:

After delivery, your hormones influence the production of the first milk; this first milk is called colostrum.

Step 3:

Colostrum comprises only a few drops.

That is enough for your baby to start with.

Step 4:

Colostrum is packed with important nutrients for your baby, such as antibodies, vitamins and minerals.

Step 5:

Place your baby on the breast as often as possible from birth.

That will encourage the production of breast milk.

Dear Expectant Parent,

When you are giving birth or have just delivered, all of a sudden a strange woman arrives at your home: maternity nurse Esther de Vries!

That can be hard for some; a stranger in your house looking after you. Others enjoy it, she takes care of you and all you have to do is recover from the delivery.

Whatever the case, let me reassure you, I don't take over your entire house and you are in good hands. I won't rearrange your kitchen or go through all the cupboards. We will take care of the housekeeping, breakfast and lunch and sometimes even the evening meal. And we try to give you information so that after the maternity period you can take over caring for yourself and your baby.

The main thing that I do is keep a watchful eye on you and your baby; I am the eyes and ears of the midwife. If I am concerned about your health, I will contact your midwife immediately.

As I want you to recover properly, I perform check-ups and I'll make sure you'll get the rest you need. (And that can differ greatly from one woman to another!) I, of course, will monitor your baby and you will get all the guidance you need. So that, as parents, you learn how to take care of, feed and get to know your baby.

You have a lot to take in during the maternity period. But I promise you, I will help you and your family make a good start. The most important thing is that you learn how to observe and listen to your baby.

During the maternity period, together we look for answers to questions such as: what does my baby want when it cries or behaves like this?

I consider my job well done if after the maternity period you can say:
"I am glad you were here and it is good you are going.
You have put us on track, we can do it."

I wish you a beautiful and good start!

Esther de Vries

