Maternity Guide

Who helps when?
And how can you find them?

You are pregnant or someone close to you is pregnant: in this clickable guide, you will find where you can turn to for support and care.

Click on Who, When or Where to go to the right page.

Who
are they?

When
can you turn to them?

Where
can you find them?

Kansrijke Start
DWO - Regio

The Maternity Guide is part of Kansrijke Start of the municipalities:
Delft, Midden-Delfland, Pijnacker-Nootdorp en Westland
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Who are they?

In the sections below, you will see the people and organisations you might meet during and after your pregnancy. **Click the 'i' for more information.**

Support from your environment

This is support organised from your environment. The range of support differs between municipalities, and there are many different types of support available.

Family, friends and other close ones

Support from volunteer organisations and networks in your neighbourhood

Are you looking for support in deciding about your pregnancy?

Scan the QR-code or click on this link:
https://www.infopuntonbedoeldzwanger.nl/

Care and support from professional organisations you can always go to.

These are professionals you can go to without a referral.

For example: the GP, midwife, maternity care, youth healthcare (JGZ) and welfare organisations.

GP

Maternity care

Midwife

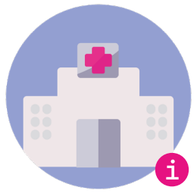
Youth healthcare (JGZ)

Welfare organisations

Specialist care in the hospital

This care is provided by specialists in the hospital. You need a referral from your GP or midwife for this care.

For example: the gynaecologist and paediatrician.



Hospital

Gynaecologist

Clinical midwife

Paediatrician

Referral
A referral is a letter, without it the specialist at the hospital cannot help you.

Arrangements and financial matters

When you are pregnant, you will also encounter other organisations.

For example: the municipality and health insurer.

Municipality

Health insurer

When can you turn to them?

Below you can find when you meet who during your pregnancy.
Click the 'i' for more information.

Who are they? | **When** can you turn to them? | **Where** can you find them?

Before childbirth

0 - 10 weeks

GP

Reporting your pregnancy to the GP and the pharmacy

Midwife

Ultrasound and medical checks

10 - 18 weeks

Health insurer

Report your pregnancy to your health insurer and review your insurance.

For example, check if you can request a maternity kit.

Maternity care

Registering for maternity care

13 weeks

Midwife

Ultrasound and medical checks

Municipality

Child recognition

JGZ

Good start ('Goede start') conversation

20 - 42 weeks

20 weeks

Midwife

Ultrasound and medical checks

22 weeks

JGZ

22-weeks vaccination

Flu vaccination

Gynaecologist
Do you have a medical reason?
Then the gynaecologist will perform these ultrasounds and checks.

Support from volunteer organisations and networks in your neighbourhood
Do you need support during or after your pregnancy?
You can always turn to volunteer organisations or networks in your area.
These organisations are happy to help. There are organisations for all types of support.
See page 5 for examples.

Click on the arrow for more information about during and after childbirth.

When can you turn to them?

Below you can find when you may meet the people and organisations after your pregnancy.
Click the 'i' for more information.

During childbirth

Midwife

Maternity care

Giving birth at home without medical reasons?

The midwife will assist with the childbirth.

The maternity carer will support the midwife.

Gynaecologist

Clinical midwife

Giving birth in the hospital?

The gynaecologist will assist with the birth. The clinical midwife will take over from your own midwife.

Paediatrician

Are there risks for the baby or has the baby been born?
The paediatrician will be present at the childbirth and help your baby after childbirth.

After childbirth

Day 1

Maternity care

You call the maternity care to inform them that your baby has been born.

Day 1 - 3

Municipality

Birth registration

First 8 days

Midwife

The first 8 days the midwife will do medical checks.
The baby also receives the heel prick: a blood test for rare diseases.

First two weeks

JGZ

Register your child at the JGZ

Health insurer

Once you have received a BSN number from your municipality, you can register your baby with your health insurance.

Between day 10 - 14

JGZ

Hearing test

Birth consult

Vaccinations

GP

Bij de huisarts kan je altijd terecht voor vragen en medische controles.

JGZ

De JGZ volgt de gezondheid van je kind tot 18 jaar. Je kunt er altijd terecht voor hulp, vragen en vaccinaties.

Support from volunteer organisations and networks in your neighbourhood

Do you need support during or after your pregnancy?
You can always turn to volunteer organisations or networks in your area.
See page 5 for examples.

Welfare organisations

You can also go to the welfare organisation in your municipality.
See page 5 to find out which one this is.

Click on the arrow for more information about before childbirth.

When can you turn to them?

Click on the blue links or scan the QR code to go to the websites.

Support from volunteer organisations and networks in your neighbourhood

Examples of organisations and networks are:

Parenting and growing up:
- **Humanitas Home-start**
  https://www.home-start.nl/

Safe and enjoyable childcare for your child
- **Vitalis**
  https://www.vitalis.nl/
- **Kind aan huis**
  https://www.humanitas.nl/afdeling/delft/activiteiten/home-start-kind-aan-huis/
- **Buurtgezinnen**
  https://www.buurtgezinnen.nl/

Meeting, relaxation, and connection
- **Koffie & Kind**
  https://koffieenkind.nl/

Financial support
- **Schuld hulp maatje**
  https://schuldhulpmaatje.nl/

GP

Find the nearest GP in your neigbourhood:
- Using this link:
  https://www.zorgkaartnederland.nl/huisarts
- Click on your hometown to see all the GP's in your neigbourhood.

Youth healthcare

The youth healthcare in your area is the **JGZ Zuid Holland West**

https://www.jgzzhw.nl/contact

Midwife

Find the nearest midwife practice in your neigbourhood:
- Using this link:
  https://vsvreinier.nl/
- Click on the logo's to see all the midwife practices in your neigbourhood.

Or
- Using this link:
  https://www.zorgkaartnederland.nl/verloskundige
- Click on your hometown to see all the midwife practices in your neigbourhood.

Maternity care

Find the nearest maternity care practice in your neigbourhood:
- Using this link:
  https://vsvreinier.nl/
- Click on the logo's to see all the maternity care practices in your neigbourhood.

Or
- Using this link:
  https://www.zorgkaartnederland.nl/kraamzorg
- Click on your hometown to see all the maternity care practices in your neigbourhood.

Welfare organisations

Delft
Delft voor Elkaar
https://www.delftvoorelkaar.nl/

Midden-Delfland
Stichting Welzijn Midden-Delfland
https://www.swmd.nl/

Pijnacker-Nootdorp
Stichting Welzijn & Ondersteuning (SWOP)
https://www.swop.nl/

Westland
Vitis Welzijn
https://www.vitiswelzijn.nl/

Click on the arrow to go to the next page

Where can you find them?

Click on the blue links or scan the QR code to go to the websites.

Ziekenhuis

Delft, Midden-Delfland en Pijnacker-Nootdorp

Reinier de Graaf Gasthuis
https://reinierdegraaf.nl/specialisme/verloskunde-en-kraamafdeling

Westland

Reinier de Graaf Gasthuis.
https://reinierdegraaf.nl/specialisme/verloskunde-en-kraamafdeling

HagaZiekenhuis
https://www.hagaziekenhuis.nl/specialismen/vgk/

Haaglanden Medisch Centrum
https://www.haaglandenmc.nl/afdeling/verloskunde/

- At this hospital, you need a patient pass. The pass can be made directly at the front desk, please bring a valid ID for this purpose.

Gemeente

Child recognition

Delft

Make an appointment via this link:
https://www.delft.nl/erkennen-van-een-kind

Midden-Delfland

Make an appointment via this link:
https://www.middendelfland.nl/kind-erkennen-voor-de-geboorte

Pijnacker-Nootdorp

Make an appointment via this link:
https://www.pijnacker-nootdorp.nl/direct-regelen/levensgebeurtenissen/erkenning-van-een-kind/

Westland

Make an appointment via this link:
https://www.gemeentewestland.nl/aanvragen-en-regelen/geboorte-en-overlijden/erkenning-voor-de-geboorte

Birth registration

Delft

You can register a birth via this link:
https://www.delft.nl/geboorte-aangeven

Midden-Delfland

You can register a birth via this link:
https://www.middendelfland.nl/geboorteaangifte

Pijnacker-Nootdorp

You can register a birth via this link:
https://www.pijnacker-nootdorp.nl/direct-regelen/levensgebeurtenissen/geboorte-aangifte

Westland

You can register a birth via this link:
https://www.gemeentewestland.nl/aanvragen-en-regelen/geboorte-en-overlijden/geboorte-aangifte

Click on the arrow to go to the next page

Good to know

Click on the blue link to go to the overview.

Would you like an overview of before, during and after childbirth in more detail?
Click on this link:
https://vsvreinier.nl/wp-content/uploads/2023/11/Zorgpad-V_2023_11.pdf

You can also follow Kansrijke Start on Instagram:

@KansrijkeStartDelftenomgeving