

Are you
expecting an “Amsterdam”
baby?

ARBO Checklist

Maternity Agency
De Kleine Amsterdammer

As an organization we are committed to enable our maternity nurses to carry-out their work according to the Health and Safety laws and regulations. Due to the fact that maternity care is being carried-out at the home of the care recipient, we would like to ask you for your collaboration to follow the hereinafter mentioned guidelines.

*Thank you very much in advance
for your contribution and
commitment.*

De Kleine Amsterdammer is a modern maternity agency, which consists of a personal and passionate team. All employees are gladly at your service during the postnatal period.

Physical care of the new mother and breastfeeding counselling

- ✿ The top of the mattress/bed must be at least 70 cm high (The bed raisers are available free of charge at a home care shop)
- ✿ The workspace/movement space next to the bedside must be at least 90 cm wide and at least 70 cm at the end of the bed
- ✿ Please do not put loose carpets around the bed
- ✿ Delivery of your baby and/or maternity care may not take place in a waterbed or top bed.
- ✿ There must be enough light for precision work
- ✿ It must be possible to stand up straight in the new mother's bedroom
- ✿ It must be possible to ventilate the new mother's bedroom (window/grid)
- ✿ Water supply (tap and sink) must be available on the same floor as the new mother's bedroom
- ✿ An extra set of clean bedding or bottom sheet must be available

Physical care of the baby and possibly other small children

- ✿ The baby's bed has a base which is adjustable in height (not applicable for a cradle)
- ✿ The commode is at least 90 cm high with an area of 90 cm by 70 cm
- ✿ The baby's bath is stable and high enough for the maternity nurse to bathe the baby, while the maternity nurse is standing up straight.
- ✿ It is possible to have the tummy-tub stabilized on a working height determined by the maternity nurse.
- ✿ The baby's room can be heated just like the delivery room in case of a homebirth
- ✿ The maternity nurse will make the bed exclusively with covers and sheets made of wool, cotton or a fleece blanket approved by TNO
- ✿ Use of a quilt, pillow or synthetic fabrics are strongly discouraged and therefore at your own risk

If electrical devices are being used, they must be made of proper quality materials

- ✿ No loose cables or plugs attached to the device
- ✿ The device is safe to use
- ✿ There are no missing or broken parts that are stuck to the device.
- ✿ The vacuum cleaner has wheels and a telescopic handle
- ✿ Mops or cloth work are washable at 60 degrees
- ✿ The floor wiper has a handle of at least 135 cm
- ✿ The ironing board is adjustable in height from 80 cm - 95 cm
- ✿ There is enough working space available at the washer / dryer / dishwasher
- ✿ There is enough space to dry the laundry (the stairwell is not a suitable location)

Extra safety guidelines for the maternity nurse

- ✿ The maximum carrying load while climbing the stairs is 10 kilo
- ✿ Dirty laundry, soiled with endogenous substances like blood, faeces and vomit, should be kept apart from the other laundry
- ✿ The maternity nurse must be enabled to work in a non-smoking area
- ✿ The maternity nurse does not assist with placing/removing the bed raisers
- ✿ The maternity nurse does not assemble accessories such as a baby bed, a baby play pen, a stroller etc.
- ✿ Heavily soiled sanitary, kitchen sink etc. that is affected by fungi, fat layers and/or dirt/dust will not be cleaned by the maternity nurse
- ✿ If renovation or relocation takes place during the maternity week, the maternity nurse determines if the household activities can be carried-out

The Health and Safety regulations are legally determined. At all times the maternity nurse reserves the right to not, or not completely, carry-out care services if the ARBO guidelines have not, or not completely, been met.

Under no circumstances can rights be derived from this ARBO checklist by the care recipient in respect of the fulfilment of the maternity care. The National Indication Protocol (LIP) is applicable on the fulfilment of the maternity care.

Discussed during the interview

- Bed raisers are free and delivered: www.vegro.info or telephone number: 020 - 88 61 600
- Maternity package received
- Breastfeeding advice
- Rooming-in / skin to skin contact
- Bath stand available
- Digital thermometer
- Metal (hot) pot
- Hospital suitcase
- Sleep safely
- Transporting the baby safely
- Safety and baby, see also www.veiligheid.nl
- Extra care available
- Non-smoking home
- Pets
- Work- and training company
- Homecoming before 15.00 hrs.
start maternity care on the same day
- Homecoming after 15.00 hrs.
on request or indication late care is possible
- Change of maternity nurses
- LIP-form
- Evaluation form
- Accessibility for assistance at the homebirth 24 hours a day. Call: 06 - 46 63 50 53

Date: ____ - ____ - 20__

City: Amsterdam

Signature client: _____

For homecoming from the hospital, we can be reached daily between 08.00 - 16.00 hrs., telephone number 06 - 46 63 50 53



De Kleine Amsterdammer Kraambureau

More information about maternity care can be found on our website www.dekleineamsterdammer.nl or for a personal advice, please call 020 - 670 60 60.