



# 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?

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)

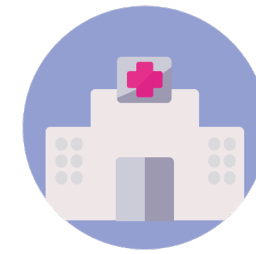


Welfare organisations

## 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.



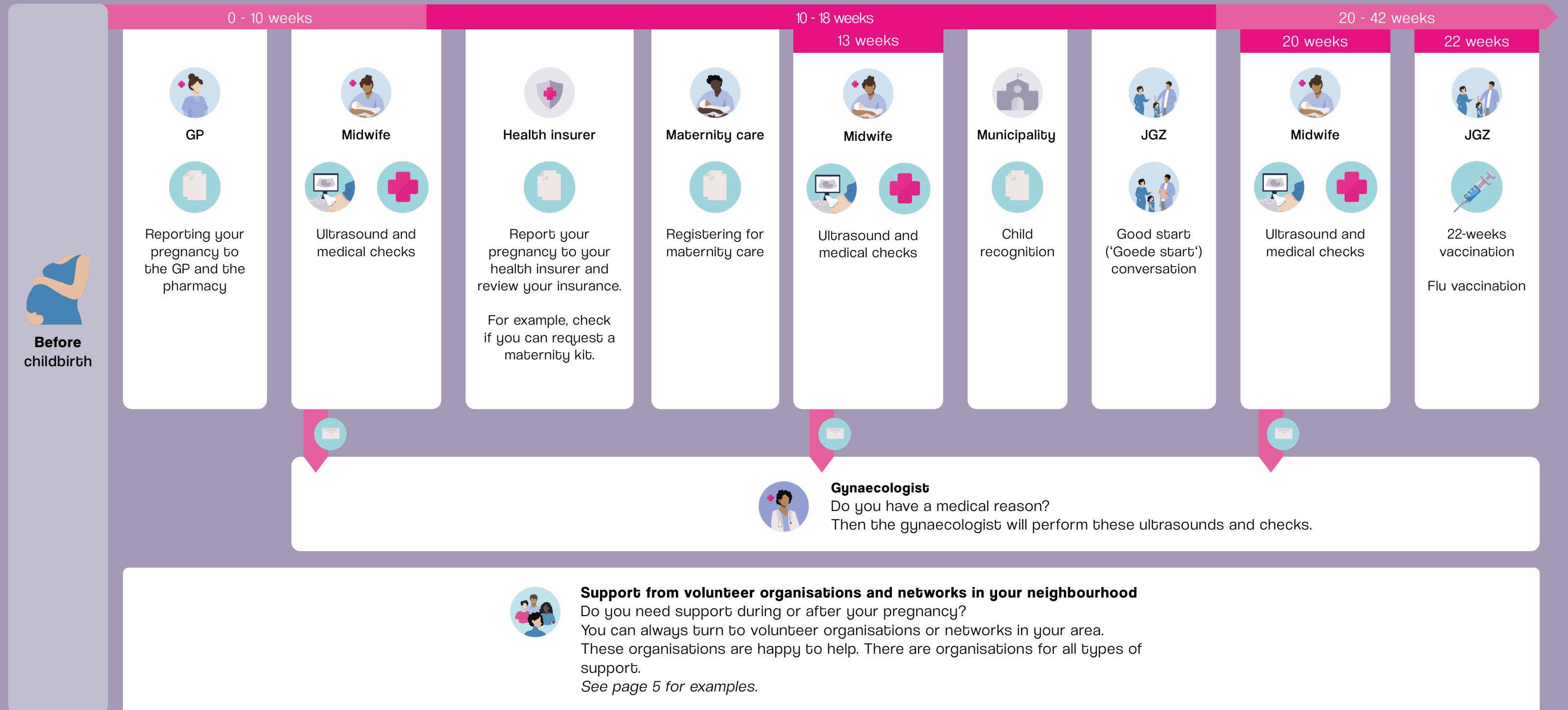
Municipality



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.



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**

*Giving birth at home or in the hospital without medical reasons?*

The midwife will assist with the childbirth.



**Maternity care**

The maternity carer will support the midwife.



**Gynaecologist**

*Are there medical reasons?  
You will give birth at the hospital*



**Clinical midwife**

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**



You can always go to the GP for questions and medical checks.



**JGZ**



The JGZ monitors your child's health until the age of 18. You can always go there for help, questions, and vaccinations.



**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**

Delft

<https://www.humanitas.nl/afdeling/delft/nieuws/kind-aan-huis/>

Pijnacker-Nootdorp

<https://www.humanitas.nl/afdeling/zoetermeer/activiteiten/steun-aan-ouders-kind-aan-huis-pijnacker-nootdorp/>

- **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 neighbourhood:

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



## 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 neighbourhood:

- Using this link:  
<https://vsvreinier.nl/>
- Click on the logo's to see all the midwife practices in your neighbourhood.

Or

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



## Maternity care

Find the nearest maternity care practice in your neighbourhood:

- Using this link:  
<https://vsvreinier.nl/>
- Click on the logo's to see all the maternity care practices in your neighbourhood.

Or

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



## 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

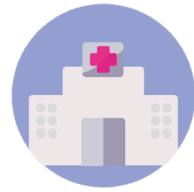
Vitis Welzijn

<https://www.vitiselzijn.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.



## Hospital

### 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.



## Municipality

### 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>

# 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](https://vsvreinier.nl/wp-content/uploads/2023/11/Zorgpad-V_2023_11.pdf)

You can also follow Kansrijke Start on Instagram:

@KansrijkeStartDelftenomgeving

Click on the arrow to go to the previous page