

Braine-l'Alleud - Waterloo Hospital

Wayez street, 35 - 1420 Braine-l'Alleud.

T : +32 2 434 95 10

Dear Madam, Dear Sir,

We are delighted to welcome you anytime soon and we would like to thank you for your trust. We want to make sure that the childbirth happens in the best conditions and we will therefore give you a maximum of support in this important step of your life.

During your stay at the maternity ward, you will be able to familiarise yourself with your baby, you will try to understand what she/he «says», etc.

To help you prepare your stay at the maternity ward, please find attached a list of personal items recommended. We suggest you to do 2 suitcases : a small one for *your stay in the delivery room* and a bigger one for *your stay at the maternity ward* (the average length of stay lasts from 3 to 7 days).

What is the philosophy of our maternity ward ? What is the atmosphere of the delivery room ? How to breastfeed my baby ? Breastfeeding or feeding bottle ? Smoking and being pregnant ? To reflect together on these issues, and many others, 6 information sessions are planned to prepare yourself and your partner to childbirth. You will find the planning online on www.chirec.be

If you wish to attend one of these sessions, please contact the secretariat of gynaecology to register, at the following number: +32 2 434 94 39

Visiting hours : from 3pm to 7.30pm

The living room of the maternity ward remains at your disposal.
You can, for example, welcome your visitors particularly numerous or noisy.

May we remind you as well that the maternity ward welcomes your eldest children, whatever their age.

If you want to go home earlier and benefit from the help of a midwife, please visit the website:
www.sage-femme.be

Braine-l'Alleud - Waterloo Ziekenhuis

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What to bring to the maternity ward ?

Your suitcases should be ready as from the 8th month of pregnancy

In your «delivery room suitcase»

Do not hesitate to take any miscellaneous items such as music, massage oil, photos, atomizer, etc.

Kit for the mother

- comfortable clothes
- 1 large towel
- for the partner / accompanying person : light and comfortable clothes

Kit for the baby

- 1 bodysuit
- 1 sleeping suit
- 1 pair of socks
- 1 bonnet
- 1 warm blanket

In your «maternity ward suitcase»

Kit for the mother

- Loose-fitting night shirts, which allow you to expose your breast easily to breastfeed
- Breastfeeding bras
- Dressing gown
- Slippers
- A few pairs of disposable panties
- Absorbent towels and flannels
- Sanitary towels
- Toiletries
- Loose-fitting clothes
- Pelvic support belt, scarf to help you carry your baby

Kit for the baby

- Bodysuits (1/day)
- Sleeping suits (1/day)
- Pair of socks
- Bibs (1/day)
- Absorbent towels and flannels
- 2 bonnets
- 1 bath thermometer
- Toiletries for the baby : gentle soap, cotton buds, ...
- Diapers
- Plastic cups and cutlery to celebrate the event
- 1 pen to fill in administrative papers.

