Getting off to a good start at home.

For you and your baby.

Our suggestions for the initial items you might need at home for your child.

<table>
<thead>
<tr>
<th>Baby clothes</th>
<th>Baby care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bodysuits</td>
<td>Baby bathhead (possibly with attachment for home bathtub)</td>
</tr>
<tr>
<td>Baby onesies with fasteners</td>
<td>Towels</td>
</tr>
<tr>
<td>Cotton infant caps (2 items)</td>
<td>Bathrobes</td>
</tr>
<tr>
<td>Short/long socks</td>
<td>Baby nail clippers</td>
</tr>
<tr>
<td>Jacket with hood (2 items)</td>
<td>Thermometer</td>
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<tr>
<td>Winter: mittens, warm socks and cap</td>
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<tr>
<td>Baby furnishings for the home</td>
<td></td>
</tr>
<tr>
<td>Baby crib (possibly second bed for parents’ room with mattress)</td>
<td></td>
</tr>
<tr>
<td>Fitted sheets (at least 2)</td>
<td>Baby bathtub (possibly with attachment for home bathtub)</td>
</tr>
<tr>
<td>Mattress protectors (at least 3)</td>
<td>Several washcloths</td>
</tr>
<tr>
<td>Swearing bag</td>
<td>Blanket</td>
</tr>
<tr>
<td>Cradle or bassinet</td>
<td>Baby oil, rash/sore cream for baby’s bottom, etc.</td>
</tr>
<tr>
<td>Changing table with pad</td>
<td>Hairbrush with soft bristles</td>
</tr>
<tr>
<td>Diaper pail with lid</td>
<td>Diapers in the smallest size</td>
</tr>
<tr>
<td>Hot water bottle</td>
<td>Baby nail clippers</td>
</tr>
<tr>
<td>Baby monitor (if needed)</td>
<td>Thermometer</td>
</tr>
<tr>
<td>Night light</td>
<td></td>
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</tbody>
</table>

At home with your baby: post-birth tips

We wish you and your baby all the best!

The first few weeks at home with your child are all about getting to know each other. Our suggestions are for every newborn and expectant parents. If you still have questions or worries, we are always available to support you.

When you are ready for a walk outside with your little one, we would be pleased to answer any of your questions or concerns.

Sincerely,

Prof. Irene Hösli
Head of department Obstetrics and Antenatal care
The Women’s Clinic works together with the FamilyStart network of midwives to ensure you feel safe and cared for when you leave the hospital to return home with your baby. FamilyStart provides advice by phone and has a midwife referral service for home visits.

Once at home, the new parents will be confronted with many questions about day-to-day life with their baby. Expertise from the delivery ward has put together some helpful information to answer some of the questions you may have.

Caring for your baby at home: Helpful Information

First routine check-up and tip ultrasound

Four weeks after leaving the hospital, your pediatrician will perform the first check-up on your baby. This also includes a midwife ultrasound to rule out any possible genital deviation or developmental defects.

Allergy prevention

Due to the hospital environment, there is an increased risk of allergies for your baby. The basic allergy prevention is breastfeeding during the first six months of life. After four months, you can introduce solid food to your baby.Table 2 outlines typical solid food for the first six months. The midwives can help you understand the time to introduce solids. It is recommended to introduce no other foods, beverages, or medicines that are not listed in the table. While breastfeeding, the baby can be offered water. In the evening, please speak to your pediatrician about the breastfeeding.

Vitamin D

Untreatment of vitamin D deficiency in babies for many years in Switzerland and abroad has led to vitamin D deficiency in babies for many years. For this reason, it is important to ensure that your baby has sufficient vitamin D in the first year. To achieve this, breastfed babies need to be in direct sunlight safely or under a lamp. Vitamin D supplements are given as required to ensure the baby’s health.

Resolution of the world

Make an appointment with your gynaecologist to check-up six weeks after giving birth. At this point, the evaluation of the world reaches its peak and the most complete part can be seen once again in your gynaecologist.

When can I start doing sports again?

This greatly depends on how fit you were before giving birth. If you were an active pregnant woman or hip dysplasia (HIP), the doctor might state that you can’t do any sports until six months after giving birth. However, it’s important to consult with your pediatrician and make sure that you are safe. A consultation with a midwife can be arranged to discuss the precautions.

In case you want to lose weight. Should you want to lose weight after childbirth, you should discuss this with your doctor. drummer. After pregnancy, you can also benefit from healthy food and exercise to help you reach your weight.

Relaxation and nutrition

This greatly depends on how fit you were before giving birth. To achieve this, breastfed babies need to be in direct sunlight safely or under a lamp. Vitamin D supplements are given as required to ensure the baby’s health.

FamilyStart helps

Tel. 0848 622 622 (daily from 8:00 - 20:00)

As a client of the Women’s Clinic, you have access to a telephone interpreting service (over the FamilyStart network can consult with the appropriate language skills. If this is not possible, the midwife can consult with the patient in the language she speaks. Other foreign language speaking families can also receive information on relief services such as Spitex in-home help or the Women’s Clinic and FamilyStart can consult with the appropriate language skills. If this is not possible, the midwife can consult with the patient in the language she speaks. For relief from your friends and family in the evening, please speak to your pediatrician about the breastfeeding.

Baby blanket for travel

You can find more tips for mothers on the website www.swissmom.ch as well as in the brochure “Die Zeit nach der Geburt” (only available via the QRCode on the left.)

For breastfeeding

Baby buggies with (can be rented)

Baby buggy with bag (including carry bag)

Breastfeeding pillow

Sun shades, if you have a car

Mattress, if you have a car

Nursing pads

Sling or carrying system

Milk pump

Sun glasses

Nursing nightgown or nursing bedding in winter), rain and sun shades

Baby bathing bag

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