

## At home with your baby: post-birth tips

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

### Baby clothes

- Bodysuits
- Baby onesies with feet
- Cotton infant caps (2 items)
- Short/long socks
- Jacket with hood (2 items)
- Winter: mittens, warm socks and cap

### Baby furnishings for the home

- Baby crib (possibly extra bed for parents' room) with mattress
- Fitted sheets (at least 2)
- Mattress protectors (at least 2)
- Sleeping bag
- Cradle or bassinet
- Changing table with pad
- Diaper pail with lid
- Cabinet/chest of drawers
- Hot water bottle
- Baby monitor (if needed)
- Night light

### Baby care

- Baby bathtub (possibly with attachment for home bathtub)
- Several washcloths
- Hooded bath towels
- Bath thermometer
- Care products (baby oil, rash/sore cream for baby's bottom, etc.)
- Hairbrush with soft bristles
- Diapers in the smallest size
- Baby nail clippers
- Thermometer

## Other services available to you: links and addresses

### University Children's Hospital Basel (UKBB)

Reception +41 61 704 12 12  
Neonatology, Women's University Hospital Basel site: Tel. +41 61 265 95 55  
www.ukbb.ch

### Counseling and therapy for psychological issues after birth

University Psychiatric Clinic of Basel  
Emergency: Tel. +41 61 265 46 13  
Information: Tel. +41 61 325 51 11  
www.upkbs.ch

### Women's shelter (Frauenhaus Basel)

Tel. +41 61 681 66 33  
www.frauenhaus-basel.ch

### Parenting advice center Basel-Stadt (Mütter- und Väterberatung Basel-Stadt)

Tel. +41 61 690 26 90  
www.mueterberatung-basel.ch or www.baslerfamilien.info

### Swiss Organisation of Midwives, Basel region (Schweizerischer Hebammenverband, Sektion beider Basel)

FamilyStart helpline, daily 8:00 - 20:00  
Tel. 0848 622 622  
www.baslerhebamme.ch or www.hebamme.ch

### La Leche League, Switzerland

Breastfeeding advice by phone and breastfeeding meetings Tel. +41 61 322 75 00  
www.stillberatung.ch or www.llli.org (La Leche League International)

### Childcare Association Basel (Verein für Kinderbetreuung Basel)

Freie Strasse 35  
CH-4001 Basel  
Tel. +41 61 690 26 90  
www.vereinfuerkinderbetreuung.ch

### Basel Children's Trust

English-speaking support and information for expectant parents and families living in the Basel area  
www.baselchildrenstrust.ch

Useful information about pregnancy, childbirth, babies, children and families:  
www.swissmom.ch



Getting off to a good start at home.  
For you and your baby.



"In addition to the joy it brings, a new baby also raises thousands of questions for the parent(s). Here at the Women's Clinic, we are always happy to answer your questions – based on our experience and the latest scientific knowledge."

Prof. Irene Hösli, Head of department  
Obstetrics and Antenatal care

## We wish you and your baby all the best!

Your baby will take his/her first steps several months from now – but you are already taking a big step today in your new life as a parent.

Newborns exhibit instinctive behavior that alternates between active and passive phases depending on the baby. Babies each have their very own personality and can behave very differently. For example, there are babies who are true sleepyheads and only feed when they are woken up, while other babies cry a lot and always want to be held by their mothers. Then there are other babies who require very little sleep and are quite active.

Sincerely,

Prof. Irene Hösli  
Head of department  
Obstetrics and Antenatal care

The first few weeks at home with your child are all about getting to know each other. You will soon be able to recognize whether your baby is hungry, tired or just wants to be near you by the way he or she cries. It is essential to take the time to get to know your baby and to be there for him/her – everything else is secondary.

We wish you a smooth start at home and all the best for your child. We are always available to assist you with any questions or other concerns.

Johanna Biedermann  
Head Nurse and Midwife  
Maternity Ward

## Our Tip: FamilyStart

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.

### The FamilyStart Helpline

Questions about the health and care of your baby and the well-being of the mother can arise at any time. For this reason, the FamilyStart Helpline has a skilled midwife available to answer your questions about pregnancy, birth, puerperium (postnatal care) and breastfeeding. Depending on the situation, the midwife will set up a home visit or refer you to the Parenting Advice Center or medical services.

To reduce your postpartum stress level, you can also receive information on relief services such as Spitex in-home help or meal services. If you still have not found a midwife for after the birth, the FamilyStart network will arrange for one to visit you at home for the first time on the day after you have left the hospital. This enables you and your baby to receive medical care appropriate to your needs even after you have been discharged from the hospital.

**FamilyStart**  
beider Basel

### Accessible care for foreign language-speaking families

FamilyStart also provides assistance to foreign language-speaking families. For home visits, FamilyStart refers a midwife with the appropriate language skills. If this is not possible, the midwives from the FamilyStart network can consult a telephone interpreting service (over 50 languages) during home visits.

### FamilyStart-Helpline:

**Tel. 0848 622 622**

(daily from 8:00 - 20:00)

As a client of the Women's Clinic, you may use this service free of charge (excluding local charges for the telephone call)

## Caring for my baby at home: Helpful Information

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

### First routine check-up and hip ultrasound

Four weeks after leaving the hospital, your pediatrician will perform the first check-up on your baby. This also includes a hip ultrasound to rule out any congenital hip dislocation or developmental dysplasia of the hip.

### Allergy prevention

Do allergies run in your family? Then there is an increased risk of allergies for your baby. The best allergy prevention is breastfeeding during the first six months of the baby's life. You also have the option of giving your baby 'hypoallergenic' (HA) formula for the first six months if the baby is susceptible to allergies and if you are not breastfeeding. Please speak to your pediatrician for advice.

### Vitamin D

To prevent softening of the bones, vitamin D supplements have been administered to babies for many years in Switzerland and other countries. During the first year, give vitamin D drops to your baby as recommended by your doctor.

### Pediatric Care at UKBB

The University Children's Hospital Basel (UKBB) provides round-the-clock specialized medical care for your child – as well as in emergencies. In addition to normal office hours, UKBB also offers several types of special consultation on topics relevant to babies and children. For more information, visit [www.ukbb.ch](http://www.ukbb.ch).

### Crying babies

Unstoppable crying, which often increases in the evening and continues into the night can be a major test of will for parents. Crying babies often suffer from what is known as infantile colic (lasting up to three months). Seek relief from your friends and family if your baby cries a great deal. Also consult with your pediatrician and make an appointment for a consultation at UKBB to discuss the crying.

For more useful information, please visit our website:

[www.unispital-basel.ch/frauenklinik](http://www.unispital-basel.ch/frauenklinik)

or refer to the brochure „Die Zeit nach der Geburt“ (only available in German), which can be downloaded here.



## Our advice for mothers: relax and recover.

You are a new mother – this means settling into your new role and finding your bearings. In addition to adjusting to the physical changes, it is also important to deal with the changes in your day-to-day life, your relationship and the workplace.

### Involution of the womb

Make an appointment with your gynecologist for check-up six weeks after giving birth. At this point, the involution of the womb is for the most part complete and will be checked once again by your gynecologist.

### When can I start doing sports again?

This greatly depends on how fit you stayed during your pregnancy. If you were more active, you can begin with low-impact sports right after delivery. Regardless of your level of fitness, you can begin with postpartum and pelvic floor exercises as soon as you feel ready. After a cesarean section, you should wait four to six weeks before starting off with gentle exercises – please remember not to overdo it! Many young mothers prefer doing their postpartum exercises in a group. For locations, visit: [www.baslerhebammen.ch](http://www.baslerhebammen.ch) or [www.swissmom.ch](http://www.swissmom.ch).

### Breastfeeding and nutrition

A healthy, balanced diet while breastfeeding can be highly beneficial to your health and well-being after giving birth. The calorific requirements are only moderately increased (300 to 500 additional calories) and are easily covered with small snacks.

Strict diets while breastfeeding are discouraged. Breastfeeding mothers should con-

sume at least 1800 calories per day – even if they want to lose weight. Should you have any questions, please contact our breastfeeding counselors. Health insurance covers three sessions with a breastfeeding counselor.

You're a mother – but also a woman and partner. After pregnancy, take time for more than just motherhood – you should also let yourself regain your sense of womanhood by treating yourself to some time for your body and personal well-being. Nothing remains completely unchanged by giving birth - neither your body, soul nor sexuality. After the birth of a child, many couples have to take a gentle approach as they rediscover each other. It is important that you and your partner always communicate openly and transparently with each other.

You can find more tips for mothers on the website [www.swissmom.ch](http://www.swissmom.ch) as well as in the brochure „Die Zeit nach der Geburt“ (only available in German) which can be downloaded via the QRCode on the left.

**swissmom**  
Alles über Schwangerschaft, Geburt, Baby und Kind



“Over 2,300 women give birth at our clinic each year. You can depend on our experience and contact us whenever you feel unsure about anything.”

Johanna Biedermann  
Head Nurse and Midwife  
Maternity Ward

### For breastfeeding

- Nursing pillows
- Nursing bras
- Nursing pads
- Nursing nightgown or nursing pajamas
- Milk pump (can be rented)

### On-the-go with your baby

- Baby buggy with bag (with heat-retaining padding in winter), rain and sun protection
- Sling or carrying system
- Baby car seat (carrier), if you have a car
- Sun shades, if you have a car
- Diaper bag
- Baby blanket for travel

University Hospital of Basel  
Department of Obstetrics and  
Antenatal care

Spitalstrasse 21  
CH-4031 Basel  
[www.unispital-basel.ch/frauenklinik](http://www.unispital-basel.ch/frauenklinik)