

# CHECKLIST 'MY 9 MONTHS'

Reminders for things to do and tips



## Tips:

- Vaccination against influenza** is recommended for pregnant women, before the start of the flu season, regardless of the stage of the pregnancy. The ideal period for inoculation is between mid-October and mid-November.
- Request the **Pregnancy Booklet (Zwangerschapsboekje)** from your doctor or midwife. You can also order it on [kindengezin.be](http://kindengezin.be). It is a practical guide, full of info, tips and forms (in NL).
- If you are unmarried, you should declare through **recognition** of your child that there is a parental link between yourself and your child. This will give you the same rights and obligations towards the child as your partner. Recognition can be made from the time of pregnancy by going together to the Civil Registry of your place of residence in order to submit a request for recognition. Use the card in the Pregnancy Booklet.
- The authorities advise pregnant women to have **iodine tablets** in their house. If a nuclear incident were to occur, radioactive iodine can be released which could enter the body via the respiratory system or contaminated food. By taking non-radioactive iodine at the proper time, you can ensure that your thyroid gland is already saturated and cannot absorb any more radioactive iodine. The tablets can be obtained free of charge from the pharmacy. Only take them when the authorities advise you to do so ([nuclearrisico.be](http://nuclearrisico.be)).

## MAAND 1

- Daily dose of folic acid
- Organise child care
- Start early and regular checks by doctor and/or midwife
- Register for newsletter 'Pregnant' ([www.kindengezin.be](http://www.kindengezin.be))
- Register on 'My pregnancy'. You will receive weekly tips, things that are good to know, clear and correct information and relevant testimonials.

## MAAND 2

- Daily dose of folic acid
- Report pregnancy to employer (card in Pregnancy Booklet)
- Arrange to visit the dentist in the second trimester of pregnancy

## MAAND 3

- Daily dose of folic acid
- Report pregnancy to health insurance fund

## MAAND 4

- Think about how you will feed the baby (e.g. attend info session about breast feeding with partner)
- Discuss leave possibilities with employer
- Apply for maternity care

## MAAND 5

- Think of a name. Check our website for inspiration
- Start putting together the layette. Checklists available on our website

## MAAND 6

- Apply for birth grant
- Start using certificate for travelling in 1st class in the train on a 2nd class ticket (certificate in Pregnancy Booklet)
- Preparations for birth (e.g. maternity clinic information brochure, discussion with doctor and/or midwife about birthing position, pain relief, etc.)
- Apply for perinatal physiotherapy (card in Pregnancy Booklet)
- Vaccination against whooping cough for people in vicinity of baby (for mother, between week 24 and 32 of pregnancy)

## MAAND 7

- Prepare birth gift
- Prepare birth announcement (e.g. choice of printed material, addresses on envelopes, etc.)

## MAAND 8

- Arrange child care for older children during birth
- Prepare things necessary for home birth or maternity bag (remember blood-type card, marriage licence or deed of recognition, etc.)
- Keep a list of important telephone numbers at hand
- Request maternity leave (card in Pregnancy Booklet)

## MAAND 9

- Plan partner's post-birth leave
- Check with insurance provider about including child in supplementary health insurance (card in Pregnancy Booklet)
- Prepare for homecoming after birth or first days after birth if giving birth at home (sufficient diapers, additional shopping, etc.)

### *Tip:*

*Before the birth, make sure you can install the portable car seat in your car in the correct and safe way.*

## MORE INFORMATION

For more information, go to [www.kindengezin.be](http://www.kindengezin.be).