

What do you **NOT** need

A **bottle warmer** is superfluous with artificial food if you have a microwave. Up to 50 ml, the bottle can also be heated in a bain-marie

- A **sterilizer** is unnecessary. Bottles and/or pacifiers are boiled the 1st time in a pan with water and then cleaned daily. This is enough.
- An **electric hot water bottle** is not suitable for childbirth. Metal hot water bottles can get a newborn to the right temperature better. An electric hot water bottle gives off too little heat.
- A **bath seat** is never used during the maternity period, it is also not practical at all.
- Do not use **talcum powder**. Talcum powder contains small dust particles which can be dangerous for the baby
- DO NOT use a **stabilizer pad**. The national advice is supine from www.veiligheid.nl, then look at the 4 of safe sleeping. Since these recommendations, SIDS cases have been greatly reduced.
- Do not use an **ear thermometer or pacifier thermometer** as they are not accurate.
- Pads in the cot are removed, they are not safe.
- Do not use **duvets or pillows** in the baby cot. This is dangerous. Wool or cotton blankets are nice and warm
- **Special top mattresses or fitted sheets** are not necessary, these are very expensive.

