

YOUR CARE  
PARTNERS  
DURING AND  
AFTER  
PREGNANCY

# CONGRATULATIONS, YOU ARE PREGNANT!

A team of care providers is ready to help you: your midwife, your maternity help, your family doctor, your gynaecologist, the hospital where you plan to give birth, your pediatrician and Kind en Gezin.

Together, we ensure good follow-up and support for you and your baby, during pregnancy and in the maternity period.

In this brochure you will find an overview of all the steps and contact moments during pregnancy and after delivery, supplemented by a number of useful tips and addresses.



DURING  
PREGNANCY



# IMPORTANT CONTACT MOMENTS

During your pregnancy, we will maintain contact with your family doctor, your gynaecologist and your midwife in order to monitor the health and development of you and your baby.

This support can be, depending on the course of your pregnancy and your own preference, either more or less intensive. If your pregnancy implies more risk, if there are complications, or if you prefer, more consultations can be scheduled.



Your general practitioner, midwife and obstetrician will keep a record of all details concerning your pregnancy in your pregnancy booklet. It is therefore best to bring this along to each consultation. A copy of your test results is always passed on to the other health care providers.

## DURING PREGNANCY



When?	Date	Who?	Purpose?
First consultation		Family doctor, midwife or gynaecologist	Confirmation of pregnancy
8 weeks		Gynaecologist	Ultrasound to determine the estimated due date
6 - 10 weeks		Midwife	Routine check-up with personal prenatal advice
12 - 13 weeks		Gynaecologist	First trimester ultrasound NIPtest (if desired): certain genetic defects
15 - 16 weeks		Family doctor or midwife	Routine check-up and information
20 - 22 weeks		Gynaecologist	2nd trimester ultrasound
24 - 26 weeks		Midwife	Routine check-up with bloodsugar test Preparation for childbirth and postnatal period . Suggestion of prenatal workshops
28 weeks		Family doctor	Routine check-up (results bloodsugar test) + Whooping cough vaccine
30 - 32 weeks		Gynaecologist	Routine check-up with ultrasound (growth of baby)
32 - 37 weeks		Midwife	Routine check-up (optional) with personal prenatal advice
35 weeks		Gynaecologist	Routine check-up with GBS screening (streptococci)
37 weeks		Midwife or family doctor	Routine check-up with discussing results GBS screening
39 - 40 weeks		Gynaecologist	Routine check-up

AFTER THE BABY  
IS BORN



## WHEN ARE YOU GOING HOME?

If your pregnancy proceeds normally and there are no problems with the birth or postpartum period, there is no medical reason to stay in hospital for more than a few days and you can continue to **recover at home**. The necessary medical and obstetric support is provided by your family doctor, midwife, maternity help and Kind en Gezin.

For medical or other reasons, it may be necessary for you to **stay in hospital for a longer period of time**. This will be determined in a consultation with you and the medical team in the hospital.



With a normal birth, this is the maximum number of nights you will stay in hospital:

- Vaginal childbirth: 2 nights
- First child: 3 nights
- Caesarean section: 4 nights



# HOW DO YOU PREPARE FOR YOUR RETURN HOME?

## **At the beginning of the pregnancy**

Discuss with your gynaecologist, family doctor (GP) or midwife whether a short stay is possible. Register with Kind en Gezin for 'My Pregnancy' via [mijn.kindengezin.be](http://mijn.kindengezin.be) and request an intake interview.

## **Preparing for childbirth**

Register for prenatal information sessions, either at the hospital or at your midwife's office, so that you are well informed.

## **The family doctor**

Inform your family doctor that you will soon be giving birth in hospital. Ask if your family doctor can carry out postnatal examinations (7th day check-up) on your baby. (A pediatrician can also carry out these examinations.) If you do not have a regular family doctor, contact one in your area.

## **The midwife**

Contact a midwife practice (see p. 11) for a prenatal consultation and for postnatal care at home. The midwife will meet you and your family before the birth. In this way, postnatal care can start immediately when you return home.

## AFTER THE BABY IS BORN



# WHO DOES WHAT?



Your midwife

- **Homevisit** no later than the day after returning home
- Medical **aftercare** for mother and baby
- **Guidance** on feeding, baby care, sleeping
- **Guthrie test** (heel prick) on third or fourth day
- **Mental** support



Your family doctor or  
pediatrician

### 7th day check-up for the baby



Make an appointment with your family doctor or pediatrician.



Kind en Gezin

- **Follow-up** of your baby's growth and development
- **Info and support** in the areas of health, education, safety, nutrition, parenting, and well-being tailored to your family
- **Free** visits, consultations, hearing and eye tests



Maternity help

- Helps with the **care of you and your baby**
- **Practical help** in the household
- Brings **tranquility** and takes **care of other children**

AFTER THE BABY  
IS BORN



# WHAT DOES KIND EN GEZIN DO?

## What is Kind en Gezin?

Kind en Gezin is an organisation of the Flemish Government that helps monitor the **development of your child** through various contact moments. The team consists of: doctors, nurses, family support workers, psycho-educators, social workers and volunteers. They are available to give advice on: health, education, safety and nutrition. This service is free of charge.

## Introduction

Towards the end of your pregnancy, the local Kind en Gezin team will contact you for a meeting. You can also request for an **intake interview** via the website [www.kindengezin.be](http://www.kindengezin.be). During the initial interview, you will get to know Kind en Gezin and their services in your neighbourhood, and they will listen to what kind of support you would like to receive from Kind en Gezin.

## Home visits

After you have given birth, they will first visit you at home a few times. This is the ideal time to discuss your questions and experiences calmly.

## AFTER THE BABY IS BORN



### Basic consultations

After that, you are welcome at the consultation office for a number of **fixed follow-up moments**. A volunteer will weigh and measure your child. The nurse and/or doctor will look at the development and health of your child and listen to your questions. With your permission, the necessary vaccinations are administered.

### Hearing test and eye test

Before the baby is 4 weeks old, the nurse will perform the **hearing test**. This test is safe, painless and reliable. During the consultation at 12 or 15 months and at 30 months, the nurse performs an **eye test**. With this test we check whether there is a risk of developing a "lazy eye" and we can detect some serious eyedisorders.

### Extra support

Would you like an **individual consultation**? Or do you need **extra support**? Kind en Gezin will answer all your questions about upbringing, nutrition, parenting, etc.



This is also completely free of charge:

- via the Child and Family Hotline: 078/150.100 (from 8 to 20h)
- via the chat function at [www.kindengezin.be](http://www.kindengezin.be)



AFTER THE BABY  
IS BORN



# HOW DOES MATERNITY HELP WORK?

## **What is maternity help?**

When you come home from the hospital, the maternity assistant helps you with light household chores and with feeding and caring for the baby. He or she also pays attention to the other children. This way you and your family can get used to the new situation in peace and quiet.

## **How much does maternity help cost?**

The cost of maternity aid is determined by your family income. Most mutual insurance companies refund part of the cost of this care. Many hospital insurance policies also cover the cost of maternity aid. Find out more about this as soon as you know you are pregnant.

## **When and how do you apply for maternity help?**

It is best to apply for maternity help before the sixth month of pregnancy at the latest. On the day your baby is born, contact them again so they can immediately plan the care.

AFTER THE BABY  
IS BORN



# MATERNITY HELP: PRACTICAL

The hospitals in Leuven, Tienen and Diest have a cooperation agreement with these maternity help organisations on the quality and continuity of care.

## Familiehulp

016/29.81.30  
[www.familiehulp.be](http://www.familiehulp.be)  
[leuven@familiehulp.be](mailto:leuven@familiehulp.be)

## Ferm Thuiszorg

0800/112.05 (gratis)  
[www.samenferm.be](http://www.samenferm.be)  
[kraamzorg.leuven@samenferm.be](mailto:kraamzorg.leuven@samenferm.be)

## i-mens

016/78.15.10  
[www.i-mens.be](http://www.i-mens.be)  
[info@i-mens.be](mailto:info@i-mens.be)

## Zorg Leuven

016/55.55.55  
[www.zorgleuven.be](http://www.zorgleuven.be)  
[zorgzeker@zorgleuven.be](mailto:zorgzeker@zorgleuven.be)



AFTER THE BABY  
IS BORN



# WHAT DOES THE MIDWIFE DO?

## What is the role of the midwife?

Both during your pregnancy and after giving birth, you can ask your midwife all your questions. The midwife will guide you through every stage and closely monitor your baby after the birth. She will also give you many practical tips on (breast) feeding and the care for your baby. The midwife is always also there to listen.

Are you going home within three days of giving birth? Then medical follow-up at home by the midwife is a must. Even if you stay in the hospital longer, we recommend that you are monitored by a midwife at home.

## When do you contact a midwife?

You contact the midwife at the beginning of the pregnancy for a prenatal consultation at the practice or at your home.

After the birth, you contact your midwife's office even before you leave the hospital. As soon as you come home, the midwife takes over the care at home. There is always close cooperation with your GP, the hospital and Kind en Gezin.



# YOUR MIDWIFE: PRACTICAL

## How much does the care of a midwife at home cost?

Medical care provided by a midwife is covered by health insurance. Midwives who are “conventioned” are subject to the legally determined fees.

Possible additional costs are a administration fee and travel expenses. These costs may vary and will be communicated to you in advance by the midwife.

Many hospitalisation insurances cover the cost of midwives. Ask your insurance company.

## How do you choose your midwife?

The hospitals in Leuven, Tienen and Diest have a cooperation agreement with midwifery practices onwards concerning the **quality, organisation and continuity** of care. Your choice will depend on the region they visit. You can consult the list by scanning the QR code here below. All midwives on this list are licensed.

(<https://debakermat.be/geintegreerde-pre-en-postnatale-zorg-extern/>)



## Other useful websites and contact details

Kind en Gezin-line: 078/150.100 (between 8h and 20h), contact and chat via [www.kindengezin.be](http://www.kindengezin.be)

Huis van het Kind in your area: [www.huizenvanhetkind.be](http://www.huizenvanhetkind.be)

Flemish association of midwives (VBOV):  
[www.vroedvrouwen.be](http://www.vroedvrouwen.be)

### Breastfeeding support organisations:

- Belgian association of lactation specialists: [www.bvl-borstvoeding.be](http://www.bvl-borstvoeding.be)
- La Leche League Flanders - <https://lalecheleague.be>
- VBBB - <https://vbbb.be>
- Vzw Borstvoeding - <https://www.borstvoedingvzw.be>



YOUR CARE  
PARTNERS  
DURING AND  
AFTER  
PREGNANCY

# YOUR CAREGIVERS

Caregiver	Name	Telephone number
Family doctor		
Gynaecologist		
Midwife		
Maternity help		
Kind en Gezin		
Pediatrician		
Other		