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Glossary

Midwife: verloskundige

Family doctor: huisarts

Obstetrician/gynecologist: gynaecoloog

Introduction

Pregnancy and childbirth are a time of excitement no matter where you are living. In Amsterdam, most of us are further away from friends and family than we would like to be. The goal of this seminar is to provide expectant moms with a network of support here in Amsterdam, so they will have the friends and resources they need during this important journey.

This brochure is a reflection of the personal experiences of the writers and the many AWCA members who contributed recommendations, but is not intended to be comprehensive. For more information about pregnancy, childbirth and raising children in the Netherlands please refer to *The ACCESS Guide to Having A Baby in the Netherlands*, as well as the other resources listed in this brochure.

Maternity Care in Holland

Holland is internationally recognized as one of the leading countries for maternity care. The Dutch maternity care model is based upon the principal that a woman's body is perfectly designed to give birth safely. The Dutch trust a woman's ability to birth her baby and do not treat birth as a medical event.

In Holland, midwives attend normal low risk births. The midwives approach birth as a healthy process best accomplished free from drugs and other medical interventions. The Dutch maternity care model does not approach pregnancy as an illness. Obstetricians are only called upon to attend women during their pregnancy or labor when it becomes medically necessary.

It is always important to be informed and take responsibility for your own healthcare. There are many wonderful books cited at the end of this brochure that will help you better understand the Dutch approach to pregnancy and birth. Information is empowering.

Conception & Fertility

If you are just beginning to try to conceive, try to be patient. Medical evidence suggests that stress can reduce the chances of conception, so relax and enjoy the process for a year or so. If you still have not had any luck, research your options and discuss them with your family doctor (huisarts.) There are a whole host of medical tools available to resolve reproductive issues. These treatments are usually administered in hospitals in the Netherlands.

It is also wise to consider your overall health, life-style and diet. Amsterdam has a wonderful network of alternative health care practitioners that regularly support women during their reproductive years. Acupuncture for infertility is probably the most popular and commonly recognized alternative treatment for those trying to get pregnant.

If you are a member of the AWCA and would like to talk with other American women who have dealt with fertility issues in the Netherlands, consider contacting our AWCA Support Committee leader at supportleader@awca.nl.

Clinical Fertility Evaluation:

Academische Medisch Centrum Universiteit van Amsterdam (AMC)

Meibergdreef 9
1105 AZ, Amsterdam
020 566 91 11
www.amc.nl

Onze Lieve Vrouwe Gasthuis (OLVG)

Oosterpark 9
1091 AC, Amsterdam
020 599 91 11
www.olvg.nl

Vrij Universiteit Medisch Centrum (VUMC)

De Boelelaan 1117 1
081 HV, Amsterdam
020 444 11 90
www.vumc.com

Womens Health Care Center Amsterdam

Dr. Lian Oey Van Boshuizenstraat 687
1082 AZ, Amsterdam
020 642 02 29
info@womenshealthcarecenter.nl
www.womenshealthcarecenter.nl

Fertility Support:

Acupuncture:

Acupuncture specialized for women's health and fertility.

Corrine Laan

06 16 53 8948
thegoddesstherapy@gmail.com
www.birthbliss.nl

Manon Ritter Acupunctuur

Hygieastraat 8
06 427 237 31
praktijk@manonritter.nl
www.manonritter.nl

Sabine Schmitz

Woestduinstraat 1-3

06 518 465 08

Sabine.Schmitz@vroedvrouw.info

Body Work:

Gloria de Gast

The Arvigo Technique of Maya Abdominal Therapy® is a non-invasive, external massage technique suitable for Fertility Enhancement and Assisted Fertilization accompaniment.

06 467 236 83

womensjourney.info@gmail.com

www.womens-journey.com

Oda Care

Oda~Care can help prepare your body for pregnancy with various treatments: including Watsu, Shiatsu, and foot reflexology.

06 443 473 74

info@odacare.com

odacare.com/en/

HypnoFertility:

Hypnofertility is a non-invasive approach utilizing hypnotherapy to help women on their attempts to conceive naturally, as well as women and couples who undergo conventional medicine fertility treatments.

Isis Hypnobirthing

Inbal Sigler

06 853 654 03

inbal@isishypnobirthing.nl

www.isishypnobirthing.nl

Nutrition:

Food allergies and poor diet can cause infertility in some women. Consulting a nutritionist to evaluate your diet is a good first step to prepare your body for pregnancy.

Dr. Joanna Krzeslak-Hoogland, Molecular Microbiologist

Orthomolecular Nutrition & Supplementation

www.probioticdigest.com

info@probioticdigest.com

Wholesome Health & Wellness

Shay Clomp-Beuters

shaysunkb@gmail.com

www.facebook.com/ShaysWholesomeHealthandWellness

Urine Donation to Support Fertility Treatments:

Moeders Voor Moeders Moeders Voor Moeders is a non-profit organization that collects the urine of pregnant women during their first trimester. The hCG is extracted to manufacture fertility treatment drugs. This is a unique organization because it collects human hCG hormones to manufacture the fertility drugs, whereas most companies use animal or synthetic hCG.
www.moedersvoormoeders.nl

Adoption Services

Benelux Adoptive Families Network (BAFN) BAFN is an informal English- speaking group of people whose common interest spans all phases of the adoption process. There are people who are just considering adoption but haven't made that personal decision, people in various stages of the "paper chase", people waiting for referrals, post-adoptive parents with children (adopted and biological), and people involved professionally with adoption. This network warmly welcomes new members to their monthly meetings in Wassenaar and group membership e-mail list.

Coordinator: Debbie Driessen, MSW

035 678 2229

debbiedriessen@kpnplanet.nl

groups.yahoo.com/group/BAFN

American Adoption Professionals Abroad, Inc.

Social Workers from around the world that work with Americans living abroad who are hoping to adopt. Professional Services include consultations, adoption education, Citizenship and Immigration information, home studies and post adoption services. Debbie Driessen

debbiedriessen@randybarlow.com

www.randybarlow.com

Pregnancy Care

Once you discover you're pregnant, begin by scheduling an appointment with the midwife (verloskundige) of your choice, or by visiting your family doctor (huisarts) if you prefer. He or she can then refer you to either a midwife or an obstetrician/gynecologist (gynaecoloog), a specialist in problem pregnancies, depending on your situation. The huisarts does not generally test to see if you are pregnant (the assumption is that your home test was accurate enough). Typically your first appointment with the midwife or obstetrician is scheduled around 9 weeks of pregnancy. If you have specific concerns before your first scheduled appointment, be sure to call your midwife or gynecologist. For example, you may want to discuss whether you need prenatal vitamins or may be having a miscarriage.

Midwives (Verloskundigen or Vroedvrouwen):

A complete list of midwives can be found at www.knov.nl The following list represents midwives that AWCA members have used and recommended.

Vroedvrouwen in Verbinding (VIVE)

These holistic midwives work independently and provide one to one care. They only accept a handful of clients each month in order to provide each mother with the time and attention she deserves.

06 510 550 99

contact@vivevroedrouw.nl

www.vivevroedvrouw.nl/

Group Midwifery Practices:

Geboortecentrum

De Genestetstraat 2
020 683 1640
www.geboortecentrum.nl

Geboorte in Praktijk

Medisch Kwartier Oude Houthaven
van Diemenstraat 356
020 210 3170
zwanger@geboorteinpraktijk.nl
www.geboorteinpraktijk.nl

Geboorte in Praktijk

Spuistraat Medisch Centrum
Spuistraat 239-1hoog
020 210 3170
zwanger@geboorteinpraktijk.nl
www.geboorteinpraktijk.nl

Van der Hoopstraat

Van der Hoopstraat 40a
020 682 8657
info@vroedvrouwen.nl
www.vroedvrouwen.nl

Verloskundigenpraktijk Johannes Verhulst (Verloskundigen 101)

Johannes Verhulststraat 101
020 470 0067
praktijk@verloskundigen101.nl
www.verloskundigen101.nl

Verloskundigen Praktijk Vondelpark

Brederodestraat 108
06 524 789 53
info@vondelpark.nu
www.vondelpark.nu

Gynecologists (Gynaecologen):

To see an obstetrician/gynecologist you must obtain a referral from your family doctor or midwife. Your doctor or midwife can assign you to a specific doctor, or to the outpatient clinic of the hospital of your choice.

Hospital gynecologist practices in Amsterdam:

Onze Lieve Vrouwe Gasthuis (OLVG)

Oosterpark 9
020 599 91 11
www.olvg.nl

Vrij Universiteit Medisch Centrum (VUMC)

De Boelelaan 1117
020 444 11 90
www.vumc.com

Slotervaart Ziekenhuis (Hospital)

Louwesweg 6
020 512 51 18
www.slotervaartziekenhuis.nl

Sint Lucas Andreas Ziekenhuis

Jan Tooropstraat 164
020 510 89 11
www.slaz.nl

General Gynecology in Amsterdam:

Women's Health Care Center Amsterdam

These physicians do not require a referral from your family doctor (huisarts) to book an appointment if you are prepared to pay out-of-pocket.

Dr. Frank Kho & Dr. Lian Oey

Van Boshuizenstraat 687

020 642 0229

info@womenshealthcarecenter.nl

www.womenshealthcarecenter.nl

Ultrasounds/Diagnostics:

For a small fee, you can request a DVD copy of your sonogram (echo) to take home with you.

Verloskundig Echocentrum Ite Boerema

Ite Boeremastraat 1
1054 PP, Amsterdam
020 616 69 90
www.echoamsterdam.nl

Diagnostisch Centrum Amsterdam

Tesselschadestraat 4
1054 ET, Amsterdam
020 618 76 61
amsterdam@diagnostischcentrum.com
www.diagnostischcentrum.com/english

Diagnostisch Centrum Amsterdam - Oud Zuid

De Lairessestraat 99
020 573 03 10
oudzuid@diagnostischcentrum.com
www.diagnostischcentrum.com/english

Diagnostisch Centrum Prenataal

Alberdingk Thijmstraat 5
020 412 06 14
info@prenataal.com
www.prenataal.com

Echo Centrum West

Burgemeester Roellstraat 15
1064 BJ, Amsterdam
020 447 09 84
info@echocentrumwest.nl
www.echocentrumwest.nl

Birth Centers:

Bevalcentrum West

Bevalcentrum West is located at the Sint Lucas Andreas hospital
Jan Tooropstraat 164
1061 AE, Amsterdam
www.bevalcentrumwest.nl

Geboortehuis Amsterdam

A free standing birth house.
De Genestetstraat 1
1054 AW, Amsterdam
020 618 5567
www.geboortehuis.com

BIRTH PROFESSIONALS

Prenatal Counseling:

Balance You

Julie Sharon-Wagschal is a Mental Health Counselor providing individual, couples, and family therapy. Julie specializes in working with people transitioning into parenthood who face issues related to pregnancy, birth or postpartum adjustment.
06 45 18 0342
info@balanceyou.net
www.balanceyou.net

Professional Doulas (birth coaches):

Dana Lindzon

Languages: English, Dutch
06 46 36 6399
danaesther@mac.com

Iasnaia Maximo

Languages: Portuguese, English, French
06 434 646 43
iasnaiamaximo@hotmail.com
www.maedoula.com

Inbal Sigler

Languages: Hebrew, English
06 853 654 03
inbal@isishypnobirthing.nl
www.isishypnobirthing.nl

Jennifer Walker

Languages: English, Dutch
06 47 96 8009
jennifer@birthsupport.nl
www.birthsupport.nl

Joyce Hoek-Pula

Languages: English, Dutch
06 18 29 3941
embracingbirthnl@gmail.com

Julia Karadi

Languages: Hungarian, English, Dutch
06 14 57 0086
juliakaradi@gmail.com
www.facebook.com/Keros.BirthSupport

Mari Gordon

Languages: English, Dutch
06 52 88 9651
info@amaridoula.com
www.amaridoula.com

Additional Professional Doula listings:

www.doula.nl (in Dutch) Click on “doula vinden” for a list of doulas.

PRENATAL CLASSES

Prenatal Pilates:

Becky Reijs Pilates

Korte Leidsedwaarsstraat 12
1017RC, Amsterdam
06 41 25 5006
info@reijspilates.com

The Movement Practice

Korte Schimmelstraat 16 - 18
1053 SZ, Amsterdam
www.themovementpractice.com

Prenatal Yoga:

Active Health Center

Lilith Turk
020 612 37 24
www.activehealthcenter.nl

Golden Link Yoga Center

Siri Amrit Khalsa
06 40 70 15 62
<http://www.empoweringbirth.nl/uk/>

Isis Yoga

inbal@isishypnobirthing.nl
www.isishypnobirthing.nl
06 85 36 5403

Joyful Yoga

info@joyfulyoga.nl
www.joyfulyoga.nl
06 34 64 1844

Thrive Pregnancy Yoga

Julia Karadi
juliakaradi@gmail.com
www.thriveyoga.nl

Sisya Yoga

Adela Serrano
06 45 65 9198
info@sisyayoga.com
www.sisyayoga.com

Yoga & Dancing For Birth:

Siri Amrit Khalsa

Moeder Academie
Hygieaplein 7
06 407 015 62
www.empoweringbirth.nl

PREGNANCY TREATMENTS

Chiropractic Care:

The *Webster Technique* is a gentle chiropractic technique used on pregnant women to create space in the pelvis to help obtain optimal fetal positioning, and an easy labor and delivery. Chiropractic care can also help women suffering from *symphysis pubis dysfunction*(SPD) and *diastasis symphysis pubis* (DSP), which can cause pain and reduced mobility.

Dr. Andrew Harvey Chiropractic

Nieuwe Achtergracht 13-2

06 479 889 64

info@andrewharveychiropractic.com

www.andrewharveychiropractic.com/en/

Wellbeing Chiropractic

Koninginneweg 217

020 767 00 98

www.wellbeingchiropractic.nl

Cranio-Sacral Therapy:

Bhaven Heeremans

Jozef Israelskade 83hs

020 671 1684

bhavenz@gmail.com

www.samme.eu

Marie-Andree Brands

Specializing in mothers and babies

020 616 25 38

marie_andree_b@hotmail.com

Massage Therapy:

Gloria de Gast

The Arvigo Technique of Maya Abdominal Therapy® is an ancient non-invasive, external massage technique for the pregnant woman.

06 46 72 36 83

womensjourney.info@gmail.com

www.womens-journey.com

Mirjam Heemskerk

Prenatal massage

020 616 82 80

info@manu-manu.nl

www.manu-manu.nl

Oda Care

Watsu, Shiatsu & Foot Reflexology for pregnancy.

06 44 34 7374

info@odacare.com

odacare.com/en

Physiotherapy:

Groepspraktijk Minerva

Ingrid Hofsteede Specializing in pelvic instability

Olympiaplein 99

020 662 61 92

www.groepspraktijkminerva.nl

End of Pregnancy Treatments

The following list of birth professionals offer end of pregnancy treatments to help facilitate optimal fetal positioning. This includes turning breech and transverse babies. These professionals can also help to initiate labor when a pregnancy goes beyond 40 weeks, or if your waters have broken but contractions have not begun.

Acupuncture:

Acupuncture can assist in turning a breech baby into the optimal head down position. And it can help to encourage labor to start.

Corrine Laan

06 165 389 48

thegoddesstherapy@gmail.com

www.birthbliss.nl

Manon Ritter

Hygieastraat 8

06 427 237 31

praktijk@manonritter.nl

www.manonritter.nl

Sabine Schmitz

Acupuncture specialized for women's health and fertility.

Woestduinstraat 1-3

020 617 32 93

06 518 465 08

Sabine.Schmitz@vroedvrouw.info

External Versions:

Bea van der Put

Bea is a midwife trained in External Versions. This is the manual technique which manipulates the baby through the mother's abdomen to encourage it to turn into the optimal head down position.

06 209 710 87

bea@vivevroedvrouw.nl

Body Work:

Oda Care

Oda uses various techniques to encourage the baby to turn. She can also help initiate labor including Watsu, Shiatsu, and foot reflexology.

06 44 34 7374

info@odacare.com

odacare.com/en

Spinning Babies:

Spinning babies practitioners help to move the baby into optimal fetal positioning, and to encourage labor to begin using a number of different exercises and techniques. www.spinningbabies.com

Jennifer Walker

06 479 680 09

jennifer@birthsupport.nl

www.birthsupport.nl/services/special-services

Chiropractic:

The Webster Technique aligns the spine and opens up space in the pregnant pelvis to allow the breech or transverse baby to move into the optimal head down position.

Dr. Andrew Harvey Chiropractic

Nieuwe Achtergracht 13-2

06 479 889 64

info@andrewharveychiropractic.com

www.andrewharveychiropractic.com/en/

Wellbeing Chiropractic

Koninginneweg 217

020 767 00 98

www.wellbeingchiropractic.nl

Childbirth Preparation Classes:

Birth Bliss

Corinne Laan

06 16 53 8948

corinne@birthbliss.nl

Bump and Beyond

Six-week childbirth preparation courses in English. Private courses available.

www.bumpandbeyond.nl

020 210 01 00

Conscious Birth Journey for Couples

Mirjam Heemskerk & Corinne Laan.

info@manu-manu.nl

corinne@birthbliss.nl

Truus Gale

Five-week evening childbirth preparation courses hosted at the British School. Private courses available.

info@childbirthclassgale.com

www.childbirthclassgale.com

Hypnobirthing Classes:

Akriti

Chitra Natarajan

06 430 617 31

chitra@akriti.nl

www.akriti.nl

Birth Bliss

Corinne Laan

06 16 53 8948

corinne@birthbliss.nl

www.birthbliss.nl

Isis Hypnobirthing

Inbal Sigler

06 853 654 03

inbal@isishypnobirthing.nl

www.isishypnobirthing.nl

DELIVERY

The Dutch typically take a very “hands-off” approach towards the delivery process, which is regarded as a very natural occurrence in the Netherlands. Many couples opt to deliver their children at home with the help of a midwife, who will make recommendations for transfer to the hospital if indicated or preferred. As an expectant mother, you will need to do your research and decide where you will feel most comfortable planning to deliver your child. One important factor to consider when making this decision is insurance coverage. Some Dutch insurance companies will not cover a hospital birth unless there is a medical indication to send you to the hospital. Another item to consider is pain medication, which is more readily available in a hospital setting. Whatever your choice for delivery, be sure to make it very clear to your verloskundige or gynaecoloog. The sooner you discuss your wishes, the easier it will be to make the necessary arrangements.

Homebirth:

Approximately 28 percent of births take place at home in Holland. Homebirth is a safe and viable choice for women. The maternity care system in the Netherlands is set up to support homebirths. Obstetricians and hospitals accept laboring mothers working with midwives when homebirth transfers are medically necessary or wanted.

The World Health Organization (WHO) supports homebirth for low risk women. According to the WHO “It has never been scientifically proven that the hospital is a safer place than home for a woman who has had an uncomplicated pregnancy to have her baby.”

A homebirth study from the *British Journal of Medicine* found that among 5,000 low risk pregnancies, babies were delivered just as safely at home with a midwife as in a hospital.

www.bmj.com/cgi/content/full330/7505/1416?ehom

Water birth and pool rentals:

Active Health Center

www.birthpool.nl

De Oerbron

www.oerbron.nl

Cesarean birth:

The cesarean rate in the Netherlands is 14 percent, the lowest among industrialized nations. The WHO states that no region in the world is justified in having a cesarean rate greater than 10 to 15 percent. Comparatively, the CDC National Center for Health Statistics reports the U.S. cesarean rate is currently 33 percent.

The U.S. spends twice as much or more per capita on health care than any other industrialized nation, yet 28 other countries have lower maternity- mortality rates; 41 have lower infant-mortality rates. (CDC) The Netherlands boasts one of the world’s lowest infant and maternity-mortality rates. American women preparing to give birth in the Netherlands are fortunate that they are in such competent hands. Healthy births result in healthy babies!

2010 Statistics from WHO:

	<u>Holland</u>	<u>United States</u>
Home Births	28%	1%
Cesareans	14%	33%
Infant Mortality	5 per 1,000	7 per 1,000
Maternal Mortality	7 per 100,000	16 per 100,000

Vaginal Birth After Cesarean (VBAC):

A vaginal birth after a cesarean is the standard of care in the Netherlands. In fact, VBACs are so common here that the Dutch medical community does not have a special word or acronym to describe the practice.

Websites:

International Cesarean Awareness Network

<http://ican-online.org>

www.vbac.com

Cord blood donation:

Stichting EuroCord Nederland – a national, public cord blood bank
071 568 53 64
Eurocord@Europdonor.NL
www.europdonor.nl

Information on early cord clamping:

Cord blood donation and banking requires early cord clamping, so the blood from the placenta and umbilical cord can be collected before it is passed on to the baby. The physiological way of treating the umbilical cord at birth is to delay cord clamping until the pulsations stop. Delayed cord clamping is not associated with adverse effects in normal deliveries.

The Journal of the American Medical Association published a 2007 study that concluded, “Delaying clamping of the umbilical cord in full-term neonates for a minimum of 2 minutes following birth is beneficial to the newborn, extending into infancy. Although there was an increase in polycythemia among infants in whom cord clamping was delayed, this condition appeared to be benign.”

Website Articles:

The Journal of the American Medical Association

www.jama.ama-assn.org/cgi/content/abstract/297/11/1241

BellyBelly.com *Cord Blood: Why Delaying Cord Clamping Benefits Your Baby*, by Kelly Zantey
www.bellybelly.com.au/articles/birth/cord-clamping-delaying-cord-clamping

Support When Something Goes Wrong:

The Birth Trauma Association (BTA)

The BTA supports all women who have had a traumatic birth experience. Many women develop Post Traumatic Stress Disorder (PTSD) or symptoms of PTSD after experiencing a birth trauma.. The BTA offers emotional and practical support to women and their families, including support by phone and email. www.birthtraumaassociation.org.uk

Sheila Kitzinger's website

A wonderful resource, providing women with information and reflective listening per telephone.
www.sheilakitinger.com/birthcrisis.htm

Balance You

Julie Sharon-Wagschal is a Mental Health Counselor providing individual, couples, and family therapy. Julie specializes in working with people transitioning into parenthood who face issues related to pregnancy, birth or postpartum adjustment.

06 45 18 0342
info@balanceyou.net
www.balanceyou.net

NEWBORN/CHILD CARE

The Dutch healthcare system provides you with a kraamverzorgster, or home maternity nurse, to help you out with your care and your baby's care immediately after delivery. According to mothers in the AWCA, this exceptional service is one of the best aspects of having children in the Netherlands. Dutch insurance covers a home care nurse for 3 to 8 hours per day for 8 days after the birth of a child. These nurses help care for both baby and mother, and can be relied on for light cleaning and even a few trips to the Albert Heijn! You will need to reserve a kraamverzorgster early in your pregnancy, as they get booked up quickly.

Also beginning in the first few days of life, the Dutch GGD (Gemeentelijke Geneeskundige en Gezondheidsdienst) provides well-baby care for children birth to age 4 through their well-baby clinics (consultatiebureaus). A nurse usually comes to your home for your first appointment; then from about three weeks of age, you bring the baby to your local consultatiebureau. The doctors and nurses at these offices provide immunizations and hearing tests, as well as charting your child's growth, development and general health, free of charge. Though the immunizations provided are roughly equivalent to those given in the States, some differences may be noted.

Babybalance

Babybalance is an online video platform with instructional movies about caring for your baby during the first weeks. Currently in Dutch, but will soon be available in English. www.babalance.nl

Post-delivery Baby Nurse (Kraamzorg):

You should contact your insurance provider for a reference and to understand how they structure this benefit. Their preferred providers may allow more hours of coverage than would otherwise be covered. You should also plan to interview and book your kraamzorg early in your pregnancy.

Group Kraamzorg Practices:

Procure Kraamzorg

Ottho Heldringstraat 25-H

020 760 72 80

www.procurematernity.nl

Kraamzorg Geboortecentrum Amsterdam

De Genestetstraat 2

020 685 38 98

www.geboortecentrum.nl

Krokus Zin Kraamzorg (offices throughout the Netherlands)

Westlandgracht 27

020 417 11 63

krokus@zinkraamzorg.nl

www.zinkraamzorg.nl

Mammae Mia

Derde Oosterparkstraat 136-C
020 640 83 37
info@mammaemia.nl
www.mammaemia.nl

De Kleiner Amsterdammer

Henrick de Keijserplein 22 HS
020 670 60 60
www.dekleineamsterdammer.nl/english

Haarlem Kraamzorg Practices:

Goede Kraamzorg

Paul Krugerkade 45-A,
2021BN, Haarlem
06 443 140 57
06 543 146 67
www.goedekraamzorg.nl/english-kraamzorg

Private Kraamzorg Practices in Amsterdam:

Grietje Miedema - specializing in natural parenting

Cradle Kraamzorg
06 110 020 82
grietje.miedema@cradle.nl

Esther van der Ark - specializing in natural and antroposific parenting

06 127 599 83
estervanderark@hotmail.com
www.natuurlijkekraamzorgesthervanderark.nl

Len Buffing

06 158 513 25
e_len@lenbuffing.nl
www.lenbuffing.nl

Private Kraamzorg Practice in Haarlem:

Cherry Tree Lane

Rebecca Overmars
06 26 34 94 61
info@cherrytreelane.nl
www.cherrytreelane.nl

Private Kraamzorg Practice in t’Gooi

Helene Bruggen
06 440 180 26

Private Kraamzorg Practice in Utrecht and Surrounding Area (Dutch, English, German)

Wiebke Mechau
626 956 044
oranjepoppins@gmail.com
www.babyparentsupport.com

KraamHotels:

These are hotels that act as a maternity ward, with nurses and some medical equipment; they may provide a good option if you need a longer break to recuperate.

Geboortehuis Kraambureau

De Genestetstraat 2
1054 AX, Amsterdam
020 685 38 98

Postpartum Support:

Gentle Beginnings - *Bodywork Treatment*

Mirjam Heemskerk
06 142 396 16
gentlebeginnings@xs4all.nl
www.gentlebeginnings.nl

Inbal Sigler - *Postpartum Doula*

06 853 654 03
inbal@isishypnobirthing.nl
www.isishypnobirthing.nl

Mae Doula - *Postpartum Doula*

Iasnaia Maximo
06 434 646 43
iasnaiamaximo@hotmail.com
www.maedoula.com

Breastfeeding information and assistance:

Kelly Mom

Kelly Mom provides evidence-based information on breastfeeding. www.kellymom.com

Borstvoedingscentrum Amsterdam

Courses, lactation consultants and breastfeeding supplies.
020 470 03 21
www.borstvoedingscentrum.nl

Annelies de Haan (Zin Kraamzorg)

anneliesdeh@gmail.com

De Boezem Vriend

A breastfeeding store: you can ask questions, hire a lactation consultant or attend courses in English.
Overtom 205
020 471 2729
www.deboezemvriend.nl

Geboortecentrum

De Genestetstraat 2
06 289 096 70
www.geboortecentrum.nl

La Leche League

Free mother-to-mother breastfeeding support through monthly meetings held in English. Breastfeeding classes are also offered throughout the year in English.
www.lalecheleague.nl

Aurelie Meskine - Amsterdam Leader

06 305 909 90
aurelie.meskine@lalecheleague.nl

Naomi Selle - Amsterdam Leader

020 404 3782
naomi.salle@lalecheleague.nl

Len Buffing

06 158 513 25
e_len@lenbuffing.nl
www.lenbuffing.nl

Circumcision (besnijdenis):

This procedure is primarily done for religious reasons in the Netherlands. Circumcision is not available in the hospital immediately after delivery. However, for those who wish circumcision for their sons, it is advisable to arrange it soon after birth.

Dr. Ruben van Coevorden

J. Ernststraat
020 644 16 27

Besnijdeniscentrum Amsterdam

Doblinstraat 56
020 690 97 12
www.besnijdeniscentrum.nl

Baby Growth Charts:

U.S. Centers for Disease Control and Prevention (CDC)

The CDC now follows the World Health Organization's Growth Charts for babies 0-24 months.

www.cdc.gov/growthcharts/who_charts.htm

Breastfed Baby Growth Charts

World Health Organization Growth charts for breastfed babies

www.who.int/childgrowth/standards/chart_catalogue/en/index.html

Registering Your Child and Securing a Passport:

Dutch Government (Gemeente)

You will need to register the birth of your child within 3 workdays at your local Staatsdeel office; the midwife or hospital will give you the papers and information necessary to do this. In addition, women who are not married to their Dutch partners need to make sure that their partner claims paternity prior to delivery to ensure that the child gets a Dutch passport and citizenship. www.loket.amsterdam.nl (in Dutch)

If both parents are non-Dutch, you will have to return to the Gemeente after obtaining your child's passport to change its Nationality Status with the Dutch authorities from "Unknown" to "American."

American Consulate

If you have a child while in the Netherlands, you need to file for a Consular Report of Birth Abroad (CRBA). This is how your child receives U.S. citizenship and is the first step to getting a U.S. passport. Because of the time involved, don't wait to submit your CRBA application. It can take up to three weeks for the CRBA and passport to be ready. To apply for the CRBA you will need:

- Current passports of mother, and spouse or partner if applicable
- The CRBA application forms (DS-2029)
- Your child's original Dutch birth certificate
- Originals of your current marriage certificate, previous divorce certificates, and death certificates of previous spouses (if appropriate)
- Original documents showing your presence in the United States
- The CRBA application form: <http://www.state.gov/documents/organization/156216.pdf>
- Be sure to get the "international version" which includes the English translation
- If you are married and only one parent is American, provide original documentation of five years of presence in the United States.
- If both parents are American, you need to only show residency in the United States for any point in time. (school transcripts, W-2 Forms, etc.)
- If you are an unmarried American mother, you must show you were in the United States for one full year at any point before your child was born. (school transcripts, W-2 Forms, etc.)
- Unmarried American fathers must document five years of presence in the United States as well as fill out form DS-5507, which is a pledge to support the child until they are 18 years old.

Complete details and instructions for making an appointment at the U.S. Consulate to apply for the CRBA and passport can be found on the Consulate website: <http://amsterdam.usconsulate.gov/crba.html>

CHILD HEALTH CARE

GGD – Oversees well child clinics (consultatiebureaus)

Nieuwe Achtergracht 100
1018 WT Amsterdam
020 555 54 72
www.gezond.amsterdam.nl

Anthroposophical (Holistic) Medicine:

Antroposofisch Consultatiebureau Thuiszorg

Baarsjesweg 224-4
1054 AA, Amsterdam
020 886 85 00

Antroposofisch Consultatiebureau

Weteringschans 72
1071 XR Amsterdam 020 886 8500

Dhr. E.T.C. Kelling

Consultatiebureau en schoolarts
I.S.M. Therapeuticum Ita wegmanhuis
Weteringschans 72
1071 XR, Amsterdam
020 638 70 57
www.itawegmanhuis.nl

Vaccination Information:

Vaccination is not required for children to attend school or day care in the Netherlands.

U.S. Vaccine Schedule

Provides fact sheets about each vaccine given in the U.S. and the recommended schedule.
www.cdc.gov/vaccines

Dutch Vaccine Schedule

Provides schedules and information about vaccines in the Netherlands.
www.rivm.nl/rvp

Dutch Vaccine Free Group

Offers educational classes for parents on vaccinations Door Frankema
doorfrankema@geboortenetwerk.nl www.vaccinvrij.nl/

AskDrSears.com

Provides parents with an alternative (spread out) vaccine schedule.
www.askdrsears.com/thevaccinebook/index.asp

POSTPARTUM PELVIC INSTABILITY

Public symphysis and sacroiliac joint instability can cause significant pain to women during pregnancy and after giving birth.

Chiropractic:

Gentle chiropractic care can help restore balance and strength to the pelvis after birth.

Wellbeing Chiropractic

Koninginneweg 217

020 767 00 98

www.wellbeingchiropractic.nl

Dr. Andrew Harvey Chiropractic

Nieuwe Achtergracht 13-2

06 479 889 64

info@andrewharveychiropractic.com

www.andrewharveychiropractic.com/en/

Physiotherapy:

Groepspraktijk Minerva

Ingrid Hofsteede Specializing in pelvic instability

Olympiaplein 99

020 662 61 92

www.groepspraktijkminerva.nl

Postnatal Pilates:

Becky Reijs Pilates

Korte Leidsedwaarsstraat 12

1017RC, Amsterdam

06 41 25 5006

info@reijspilates.com

The Movement Practice

Korte Schimmelstraat 16 - 18

1053 SZ, Amsterdam

www.themovementpractice.com

Postnatal Yoga:

Sisya Yoga

Adela Serrano This post partum yoga class focuses on the core muscles and pelvic floor to aid in recovery and restrengthening after pregnancy and birth.

0645659198

info@sisyayoga.com

MOTHERING CLASSES

First Aid Classes:

Jacaranda Tree Montessori hosts First Aid courses in English throughout the year.

Simone Davies

simone@jacarandatreemontessori.nl

www.jacarandatreemontessori.nl

Baby massage:

Joyce Hoek-Pula

06 18 29 3941

embracingbirthnl@gmail.com

Mirjam Heemskerk

020 616 8280

info@manu-manu.nl

www.manu-manu.nl

BabyWearing:

Amsterdam Babywearing Services

Melanie Koswal is a Trageschule trained consultant. She offers babywearing classes and maintains a sling library in Amsterdam.

06 398 814 79

info@AmsterdamBabywearingServices.com

www.amsterdambabywearingsservices.com

Urban Babies

At UrbanBabies it is possible to try before you buy. Our baby carrier rental service offers you one week rent for €10,- which will be your discount if you decide to buy in the shop afterwards.

Vroedvrouwenpraktijk Van der Hoopstraat

06 44112246

info@urbanbabies.nl

Baby Sign Language:

Baby Gebaren (sign language)

info@babygebaren.com

www.babygebaren.com

BABY CLASSES

Infant Swimming:

De Oerbron

Swim classes starting at 2 months of age

www.oerbron.nl

Water Babies

Willemijn MacDonald
020 233 8459
Willemijn.MacDonald@waterbabies.nl
www.waterbabies.nl

Baby Movement & Socialization Classes:

Baby Sensory

Hygieastraat 8
06 85 08 2188
amsterdam-zuid@babysensory.nl

Jacaranda Tree Montessori

Derde Schinkelstraat 33-A
06 16 00 9060
simone@jacarandatreemontessori.nl
www.jacarandatreemontessori.nl

Little Gym

Starting at 4 months; in English
Henkenshage 4
020 404 0798
www.thelittlegym-eu.com

Messy Play Amsterdam

Robert Scottstraat 28-34
1056 AZ, Amsterdam
messyplayamsterdam@gmail.com
www.messyplayamsterdam.com

MOTHERING RESOURCES

Childcare Services:

Babysittersclub Amsterdam

06 24 18 8321
babysittersclubamsterdam@gmail.com
www.babysittersclub.nl

CompaNanny

020-4170117
info@compananny.nl
www.compananny.nl

Happy Kidz

Bibi de Vetter

06 15 24 8395

info@happykidz-amsterdam.nl

www.happykids-amsterdam.nl

Kind4Kids

06 39 72 4108

kind4kids@gmail.com

www.kind4kids.nl

Parenting Groups:

Amsterdam Mamas

A community of parents who have come together to support each other, organize events and generally make sure that you can enjoy the very best the city has to offer every day.

www.facebook.com/groups/ams.mamas/

www.amsterdam-mamas.nl/

Attachment Parenting Amsterdam

A group that brings together mothers who practice the principles of attachment parenting.

attachmentparentingamsterdam@gmail.com

www.attachmentparentingamsterdam.nl

Amsterdam Natural Parents Network

The mission of the network is to create community around informed parenting choices: a supportive and non-judgemental atmosphere for online discussions, with periodic meet-ups.

www.facebook.com/groups/amsterdammaturalparents/

English-language Play Groups & Activities:

American Women's Club Amsterdam (AWCA)

"Moms and Tots" Playgroup meets Wednesdays at members' homes. For kids 0-4 years. See monthly Tulip Talk publication for schedule.

activities@awca.nl

www.awca.nl

Jacaranda Tree Montessori

A montessori environment for children under 4 and their parents

Derde Schinkelstraat 33-A

1075 TK, Amsterdam

06 16 00 9060

simone@jacarandatreemontessori.nl

www.jacarandatreemontessori.nl

Robbeburg

International English speaking play groups every morning (9:30-11:30.) For kids 0-4 years. Jekerstraat 84
www.robbeburg.com

Photographers:

Justa Miegon Photography

www.justamiegon.com

Kelly Duvall

06 112 748 08

info@define.photography

www.define.photography

Rudi Wells Fotografie

06 275 067 05

rudi@rudiwells.com

www.rudiwells.com

The Birth Photographer

Natalie Carstens

info@nataliecarstens.com

www.nataliecarstens.com

Birth Announcements:

Birth announcements are available to order at several shops in the area, as well via online providers. A couple of favorites are listed below. The Dutch postal service offers a discounted stamp for baby announcements; be sure to ask at your local post office.

Joanne Lew-Vriethoff

Custom Illustration and Graphic Design

06 28 14 7983

jo@josgreatesthits.com

www.joannelewvriethoff.com

Drukkerij de Haan

Bloemgracht 124

www.drukkerijdehaan.nl

KaartMix

www.kaartmix.nl

Poobies International

www.poobies.com

BABY SHOPPING IN AMSTERDAM:

Belly-Baby

Bosboom Toussainstraat 22hs

020 334 2861

www.belly-b.nl

Baby Boem

Ten Katesraat 34

1053 CG, Amsterdam

020 612 9361

www.babyboemkinderwagens.nl

Bugaboo Strollers

Keizergracht 500

1017 EH, Amsterdam

020 718 9555

Koter & Co

Schelderstraat 55-57

1078 GG, Amsterdam

020 675 4504

www.koterenco.nl

Teuntje

Haarlemmerdijk 132

1013 JJ, Amsterdam

020 625 3432

www.teuntje.nl

Large Retail Stores:

Baby Anco

www.babyanco.nl

Baby Dump

www.babydump.nl

Baby Product Rentals

www.babyrent.nl

Baby Care

ww.babycare.nl

Prenatal

www.prenatal.nl

Natural Baby Products

These shops offer natural foods, vitamins and body care products for your baby or child.

The Soulsister

Elandsgracht 132B
1016 VB, Amsterdam
020 623 4147
www.thesoulsister.nl

Lavendula

Westerstraat 14
1015 MJ, Amsterdam
020 420 91 40
www.lavendula.nl

Natural Baby Clothing Stores:

Zaailing

A large selection of natural wool, silk and cotton clothing for the whole family.
Ruysdaelstraat 21-23
1071 WZ, Amsterdam
020 6793817
www.zaailing.nl

Knotsknetter

Scandinavian brands which work in fair trade and use organic cottons.
Jan Evertsenstraat 100
1056 EH, Amsterdam
www.knotsknetter.nl/

Food & Grocery Deliver Services:

Gluten Free Webshop

www.glutenvrijewebshop.nl

iHerb

A U.S. based company that delivers “American” grocery items that would otherwise be found at health stores like Whole Foods. An import tax is occasionally assessed. www.iherb.com

Marleen Kookt

Home cooked meals using fresh ingredients delivered daily to your door. www.marleenkookt.nl/

RuddMaaz

Selling natural and organic foods. www.ruudmaaz.nl/

EDUCATION

Websites for Bilingual Families:

Bilingual Parenting and Early Language Learning
www.ncela.gwu.edu

Raising Bilingual Children
www.expatsmoms.com

Multi-lingual Discussion Board
www.parenting.ivillage.com/messageboards

Practical Help for Bilingual Families
www.nethelp.no/cindy/practical.html
www.kidsbilingualnetwork.org

English Book Stores:

American Book Center
Spui 12
www.abc.nl

Waterstones Booksellers
Kalverstraat 152
1012 XE, Amsterdam

Online Books

www.waterstones.co.uk
www.bol.com/nl
www.amazon.co.uk

Recommended Books:

Health Care in Holland:

The ACCESS Guide to Health Care in the Netherlands, by ACCESS

At Home in Holland, by Ada Henne Koene and M.B. Erfert and published by the American Women's Club of The Hague

Handling Holland, by Janet Inglis

The Holland Handbook, by X-Pat Media

Conception/Fertility:

Before Your Pregnancy: A 90-Day Guide for Couples on how to Prepare for a Healthy Conception, by Amy Ogle

Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health, by Toni Weschler

Conquering Infertility, By Alice Domar

The Infertility Survival Handbook, Elizabeth Swire Falker

Pregnancy Care:

Babies and Toddlers: The ACCESS Guide to Having A Baby in The Netherlands, by ACCESS

A-Z for A Healthy Pregnancy and Natural Childbirth, by Jacky Bloemraad –De Boer

A Pleasing Birth, Midwives and Maternity Care in the Netherlands, by Raymond De Vries

Gentle Birth Choices, by Barbara Harper, R.N.

The Complete Book of Pregnancy and Childbirth: New Edition, by Sheila Kitzinger

Pregnancy, Childbirth and the Newborn: A Complete Guide, by Penny Simkin

Relieving Pelvic Pain During and After Pregnancy: How Women Can Heal Chronic Pelvic Instability, by Cecile Rost

Becoming A Father: How to Nurture and Enjoy Your Family, by William Sears

Labor and Birth:

Born in the USA: How A Broken Maternity System Must Be Fixed to Put Children and Women First, by Dr. Marsden Wagner (A revealing book that will make you appreciate the wonderful maternity care system in the Netherlands!)

Ina May's Guide to Childbirth, by Ina May Gaskin (world renowned midwife)

Birth and Breastfeeding: Rediscovering the Needs of Women During Pregnancy and Childbirth, by Michel Odent

The Birth Partner, by Penny Simkin (referenced by many childbirth instructors, helpful for husbands)

The Waterbirth Book: Everything You Need to Know From The World's Renowned Natural Childbirth

Pioneer, by Janet Balaskas

The Thinking Woman's Guide to a Better Birth, by Henci Goer

Natural Childbirth the Bradley Way, by Susan McCutcheon (Bradley Method with photos)

Husband-Coached Childbirth, by Robert A. Bradley (original Bradley Method book)

The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back and Everything Else You Need to Know About A Cesarean Birth, by Maureen Connolly

Support When Something Goes Wrong:

Pregnancy After A Loss: A Guide to Pregnancy after a Miscarriage, Stillbirth or Infant Death, by Carol Cirulli Lanham

Silent Grief: Miscarriage – Finding Your Way Through The Darkness, by Clara H. Hinton

I'll Hold You in Heaven: Healings and Hope for the Parents of a Miscarried, Aborted or Stillborn Child,

by Jack W. Hayford *Miscarriage: Why it Happens and How to Best to Reduce Your Risks: A Doctor's Guide to the Facts*, by Henry Lerner

Premature Babies:

The Premature Baby Book: Everything You Need to Know About Your Premature Baby From Birth to Age One, by William Sears *Breastfeeding Your Premature Baby*, by Gwen Gotsch

Breast Feeding Support:

The Nursing Mother's Companion: Revised Edition, by Kathleen Huggins

The Womanly Art of Breastfeeding: Revised Edition, by La Leche League International

Books for the First Year:

Sleeping With Your Baby: A Parent's Guide to Cosleeping, by James McKenna

The No Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night, by Elizabeth Pantley

The Attachment Parenting Book: A Commonsense Guide to Understanding and Nurturing Your Baby, by William Sears

The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Baby Sleep Longer, by Harvey Karp

Diaper Free: The Gentle Wisdom of Natural Infant Hygiene, by Ingrid Bauer (a great book for parents with colicky babies)

The Vaccine Book: Making the Right Decision for Your Child, by Robert Sears

The New Father, by Armin A. Brott

Raising Bilingual or Multi-lingual Children:

The Bilingual Family: A Handbook for Parents, by Edith Esch-Harding and Philip Riley

Growing Up with Two Languages: A Practical Guide, by Una Cunningham - Andersson and Staffan Andersson

Raising Multilingual Children: Foreign Language Acquisition and Children, by Tracey Tokuhama-Espinoza

A Parent's and Teachers' Guide to Bilingualism, by Colin Baker

Videos:

The Business of Being Born, by Rikki Lake and Abby Epstein

Orgasmic Birth: The Best-Kept Secret, by Debra Pascali-Bonaro

Le Premier Cri (The First Cry), by Gilles de Maistre

Birth As We Know It: The Transformative Power of Birth, by Elena Tonetti Vladimirova