

How many hours of maternity care are you entitled to?

The number of hours and days of maternity care you need depends on your family situation, the course of the birth and your recovery after childbirth. There are national guidelines for this, which every maternity care organization applies in the same way. If there are no special circumstances (and no more hours are indicated), you can count on 45 hours (if you want to bottle feed) to 49 hours (if you want to breastfeed), divided up to and including the eighth day after delivery.

When will you know how many hours of maternity care you will receive?

There are 3 moments when the number of hours of maternity care is discussed. During the intake interview, after the birth and during the maternity week, it can be determined how much maternity care is needed to be able to take good care of and support you. During the intake, the number of hours of maternity care is determined by mutual agreement by:

- The course of the pregnancy
- The course of any previous pregnancies and deliveries
- Your medical situation and that of any other children
- Do you want to breastfeed or bottle feed?
- What is your living situation like?
- What are your personal wishes and needs?
- Other issues that come up during the intake

More or less hours

On the first day of maternity care, the maternity nurse will check with you whether the hours allotted during the intake still apply. In the unlikely event that there are complications during childbirth, you may recover less quickly. Breastfeeding can also be a bit difficult, so more guidance is needed during breastfeeding. The maternity nurse will then consult with your midwife. Your midwife may then decide to indicate additional hours. In addition to additional hours within the standard eight days, it may indicate an extension of two days. A so-called 9th and 10th day. Then you will receive maternity care up to and including the tenth day, calculated from the day of delivery. Extra hours for a home birth If you opt for a home birth, the midwife will indicate during the birth when the maternity nurse should be called for assistance. This is often when labor is already at an advanced stage. The maternity nurses of Kraamzorg Het Maantje are available 24 hours a day, so that they can be present with you within the set time after the call. If you wish, you can indicate that you want the maternity nurse to be present at an early stage of your delivery. Please indicate this at the intake and also make sure that your midwife is aware of this. Then she can make sure that she makes a call for assistance a little earlier. These extra hours before the birth are reimbursed by your health insurer.

What happens to my maternity care hours if I give birth in the hospital?

If you give birth in the hospital and you stay there for more than 1 or more nights, the hospital days will be deducted from the maternity days. In that case, the calculation is made from the day of delivery to the day of discharge. On the day of discharge, you retain your right to maternity care hours. Number of hours of maternity care during hospitalisation If you and your baby stay in hospital for the first ten days from the date of delivery, regular maternity care will be cancelled. If you and your baby come home after the tenth day, depending on your health insurance, incubator aftercare or postponed maternity care can be provided. Incubator aftercare or postponed maternity care is exclusively covered by supplementary health insurance. Consult your policy conditions before requesting aftercare or postponed maternity care. If you only have basic insurance, no incubator aftercare or postponed maternity care will be reimbursed. If you still wish to receive maternity care, you can apply for it at private rates. Feel free to call our office for the regular rates.

If your baby still has to stay in the hospital, but you are allowed to go home before or on the tenth day, you are still entitled to maternity care. Then call the office to discuss what this maternity care should consist of. Then we will ensure that your needs are matched as closely as possible with the care you receive.