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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.
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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 supporleader@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 Acupuncture**
    Hygieiastraat 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.vivevroedrouw.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
Spuiistraat 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

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**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  
embracingbithnl@gmail.com

Julia Karadi  
Languages: Hungarian, English, Dutch  
06 14 57 0086  
juliakaradi@gmail.com  

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 Reijjs Pilates  
Korte Leidsedwaarstraat 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 Heeremens
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
Hygieiastraat 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
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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
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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.

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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:**

<table>
<thead>
<tr>
<th></th>
<th>Holland</th>
<th>United States</th>
</tr>
</thead>
<tbody>
<tr>
<td>Home Births</td>
<td>28%</td>
<td>1%</td>
</tr>
<tr>
<td>Cesareans</td>
<td>14%</td>
<td>33%</td>
</tr>
<tr>
<td>Infant Mortality</td>
<td>5 per 1,000</td>
<td>7 per 1,000</td>
</tr>
<tr>
<td>Maternal Mortality</td>
<td>7 per 100,000</td>
<td>16 per 100,000</td>
</tr>
</tbody>
</table>

**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
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**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  

**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.sheilakitzinger.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:

Procare Kraamzorg
Ottho Heldringstraat 25-H
020 760 72 80
www.procarematernity.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
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**Mammae Mia**  
Derde Oosterparkstraat 136-C  
020 640 83 37  
info@mammaemia.nl  
www.mammaemia.nl

**De Kleiner Amsterdamer**  
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 anthroposophic 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.selle@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
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**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

**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 Staatseel 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

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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 weghmanhuis
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/thecvaccinebook/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 Leidsedwaarstraat 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.amsterdambabywearingservices.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
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**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
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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/amsterdamnaturalparents/

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**
www.babycare.nl

**Prenatal**
www.prenatal.nl
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**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.expat-moms.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
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**Pregnancy Care:**
- Babies and Toddlers: The ACCESS Guide to Having A Baby in The Netherlands, by ACCESS
- A Pleasing Birth, Midwives and Maternity Care in the Netherlands, by Raymond De Vries
- Gentle Birth Choices, by Barbara Harper, R.N.
- 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 Your 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
- 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
**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 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