

**What you need to arrange after your first appointment**

* Make an appointment for a sonogram
* Decide whether you would like to use the NIPT or combination test (screening for Down syndrome).
* Arrange maternity care (<16 weeks). See our website
* If you are not married to the father of your child, you and the child's father can go to to the city hall together to arrange to acknowledge the child in pregnancy (ideally <24 weeks). After the birth, you register the child. Call the municipality Eindhoven at 14 040
* Take 10 micrograms of vitamin D per day. Look at the multivitamin packaging (for pregnant women) to see how much is in it.
* Get 1 gram of calcium per day via your daily food intake or take a supplement.

**During your second appointment, we will tell you more about the following topics**

* The 20-week sonogram.
* Breastfeeding and breastfeeding courses.
* Pregnancy courses
* The difference between a home birth and an outpatient (hospital) birth.
* We will ask you which maternity care agency you are registered with.
* For more information: [www.lichtstadverloskundigen.nl](http://www.lichtstadverloskundigen.nl).