

Checklist: things to do after birth

Finally, your little miracle has arrived! While you enjoy these precious moments, do not forget to take care of a few administrative tasks.



Birth registration

You must register your baby's birth within 15 days at the Civil Affairs office of the municipality where your baby was born. In some cases, you can even do this at the maternity hospital – super convenient! What do you need?

- ☒ **Medical birth certificate**
- ☒ **Identity card of both parents**
- ☒ **Marriage certificate** (if married)
- ☒ **Recognition certificate of the child** (if not married)



If you are not married and the recognition was done before birth, bring the recognition certificate. If your partner has not yet recognised the child before birth, this can still be done during the birth registration. In that case, the mother must also be present.



After registration, you will receive several birth certificates, including one for your health insurance fund. Store these documents safely!

Groeipakket (child benefits)

- ☒ **Apply for your starting amount (maternity allowance)**
If you have not done so during your pregnancy, make sure to apply for your starting amount (maternity allowance). This is a one-time amount you receive when expecting a child and is part of the Groeipakket (child benefits). After this, you will automatically also receive your monthly Groeipakket (child benefits).



Municipality

- ☒ **Applying for a Kids ID**
If you plan to travel within Europe with your child, you will need a Kids ID. You can apply for it at the Civil Affairs office of the municipality where your child is registered. Your child must be present at the application, and you need a recent passport photo of your little one.

Health insurance fund

☒ **Registering your child**



Submit the 'For the health insurance fund' document (received at the municipality) to your health insurance fund.

☒ **Proof of work resumption**



If you return to work earlier or later than the planned end date of your maternity leave, submit a 'Proof of work resumption' document to your health insurance fund.

Notify other institutions

☒ **Insurer**



Add your child to your hospitalisation and family insurance.

☒ **Childcare**



That way they can take your little one's arrival into account.

☒ **Kind & Gezin or ONE**



If they haven't reached out to you yet.

☒ **Employer**

Some more tips

☒ **Breastfeeding leave or breaks**

Depending on the length of your working day, you are entitled to one or two half-hour breaks per day to breastfeed or pump.

☒ **Check your parental leave rights**

Various options are available, from full-time leave to a 1/10 work reduction.

☒ **Health insurance reimbursements**

Check which expenses are covered, such as maternity care, home assistance, perinatal physiotherapy, ...

☒ **A smooth recovery**

A few sessions of postnatal physiotherapy can enhance your recovery and well-being.



Open this checklist in the 'My Parentia' app

This way, you will always have the checklist at hand.

Download the 'My Parentia' app in the App Store or the Google Play Store.