


# Checklist: to-dos during your pregnancy


Pregnant? Congratulations! Make sure to take care of these important administrative tasks before your baby arrives.



## As soon as you are pregnant


 **Find a nursery or nanny**  
Daycares often have long waiting lists, so reserve your spot early.

 **Inform your health insurance fund**  
Submit your medical certificate with your expected due date.


 **Notify your employer**  
Do this as soon as possible, at the latest 7 weeks before your due date, to ensure job protection against dismissal.




If your job involves risks for you or your baby, your employer can either temporarily suspend you or adjust your job duties. This is called 'preventive withdrawal' (profylactisch verlof).

 **Apply for household help or maternity care**  
A household help can help you with light household tasks, a maternity nurse can assist with baby care as well. You can apply through your health insurance fund or a maternity care expertise centre.

## During your pregnancy

 **Apply for your starting amount (maternity allowance)**  
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). Apply during pregnancy to receive it as early as two months before your due date.

 **Child recognition**  
Not married? You can officially recognise your child before birth to establish legal parentage for both parents. Do this at your municipality and bring along both the pregnancy certificate and the ID card of both parents.





## Contact a midwife

A midwife can support you during pregnancy, childbirth and postpartum recovery. They provide medical follow-up and guidance. Find a midwife near you through your gynaecologist, vbov.be (Flanders) or sage-femme.be (Wallonia/Brussels).



## Apply for maternity leave

As an employee, you are entitled to 15 weeks of maternity leave – starting between 6 weeks and 1 week before birth, followed by at least 9 weeks after. If you are self-employed, you get 12 weeks of maternity leave, with 3 weeks mandatory (at least 1 week before birth and 2 weeks after).



## Plan for parental leave

Remind your partner to apply for parental leave on time. Both parents can also apply for parental leave after birth.

## Some more tips



### You may ride first class on the train



With a medical certificate, you can receive a free upgrade to first class during the last four months of your pregnancy. Attention: You do need a valid second-class ticket.



### Important phone numbers



Save the numbers of your gynaecologist, midwife, hospital, etc. in your phone.



### Portable car seat



You might want to try installing the seat already during pregnancy



### Warm meals



Cook and freeze some meals for when you return home with your little one!



### Brothers and sisters



Arrange childcare in advance for siblings, during and after the birth.



Open deze checklist in de 'My Parentia' app

Zo heb je de checklist altijd bij de hand. Download de 'My Parentia' app in de App store of de Google play store.