



JustHelpingOut.ch

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Registration for postnatal care at home

Your personal data will be treated confidentially and is needed for my work's statistics.

First name, surname

Full name husband/partner

married

partnership

divorced/seperated

single parent

Baby's surname

Address

Postal code, place of residence

Landline

Mobile 1

Mobile 2

Email

Your birthday

Nationality

Profession

Health insurance

AHV-Number

Estimated date of delivery

place of birth

How many pregnancies?

How many children?

How many babies now?

Short leave planned?

C-section planned?

Date of surgery known?

Do you have allergies?

Gestational diabetes or other diagnosis:

Your obstetrician

Your pediatrician

Parking spaces nearby

Do you want to register for the newsletter of JustHelpingOut.ch, too?

yes

no

Please return the completed form to me.

(if possible as a pdf-document or a photo)

Thank you for your registration. Wishing you the best!

By sending the completed form you confirm
that you have read the following information and accept the terms.



Further information about the postnatal care at home

After leaving the hospital, I'll take care of you and your family at home. I'll help you get started in everyday life, answer your questions and give you some advice about breast and bottle feeding, baby sleep and more. A visit lasts about 1 hour and includes the checks of mother and baby, as well as care instructions.

For first time mothers, for mothers with a premature baby or with multiples, as well as after a caesarean, a maximum of 16 postpartum visits are covered by the health insurance, in all other cases 10 visits are included in the first 56 days after birth. They also take on the costs of 3 breastfeeding consultation during the whole breastfeeding period.

A share of CHF 150 in the cost of an antenatal course or a preliminary interview with the midwife is covered by the health insurance.

The health insurance does not cover the costs of the following services:

- Breastfeeding seminar, except workshop on colostrum banking with gestational diabetes
- Akupuncture, LASER-treatments, if not integrated in a antenatal or postnatal visit
- Sleep counselling, baby massage
- Rental of a LASER device (for sore nipples, scars, hemorrhoids, etc)

If you have already registered an antenatal class with the health insurance company, I will charge you CHF 100.-- for one hour for a preliminary interview. If it lasts longer, for each additional 10 minutes CHF 20.-- will be charged. Further offers after mutual agreement.

For the planning of the postnatal visits please send me

1. a sms or whatsapp message **in the first 24 hours** following the birth.
(Note: If you don't get an answer please check the phone number)
2. a sms or whatsapp message as soon as you get informed about the **exacte date of departure** from the hospital.

On your second message, I will contact you with a proposal for an appointment of the first visit for the next day after your arrival at home. From my first visit until the completion of the postnatal care after 56 days I am available for you as follows:

By SMS and WhatsApp with 078 971 51 25

Let me know briefly about your request and I will contact you as soon as possible.

For less urgent matters you may contact me also by email at brigitte@justhelpingout.ch

Your registration for postnatal care with me is binding to both of us. I will be available until the completion of the 8 weeks of postnatal care. If in this time I'm absent I am obliged to organize a replacment. As compensation for this on-call service, I receive CHF 115 from most municipalities. If your municipality (Thalwil, Gattikon) does not provide any compensation or if there is no postnatal care following after registration, the previously mentioned amount must be paid in full by the client herself.



Information about home visits in times of COVID-19 (only available in German)



Link: <https://www.hebammensuche.ch/schwangerschaft-und-covid-19/>
(Note: You do not need a baby scale, I'll bring one with me)

A basic list of needed materials for the postnatal period

For the midwife: A roll of household paper or paper towels for drying after washing hands

For the mother:

A bottle for rinsing (may be given by the hospital) or 500ml PET bottle (not hard, not too soft)

Nursing pads

Cotton sanitary napkins (maternity size , without plastic insert)

Hand disinfectant

One package of Yarrow tea (Schafgarbentee, medical tea, e.g. from Sidroga)

For the baby:

Almond, olive or sunflowerseed oil (from the pharmacy or Drogerie),

A box of Kleenex handkerchiefs (for the care of the umbilical cord)

Cotton swabs (for the care of the umbilical cord)

Wound disinfectant as Octenisept (for the care of the umbilical cord)

Digital thermometer (forehead and ear thermometers should only be used at a later time)

Vaseline (tube or little jar)

Baby bathing tub and water thermometer

Small cloth gauzes (as bathing cloth), for example from Migros 1 package with 4 pieces 30x30cm, ca CHF 6.--

Finally and for reasons of completeness, the following information:

The Swiss Midwives Association operates an ombudsman.

The ombudsman mediates problems between the client and the midwife.

For further information visit:

https://www.hebammensuche.ch/wp-content/uploads/2018/08/Ombud_Info_Kundin.pdf

