

You are pregnant

When you are pregnant, you will be preparing for the moment of giving birth and the days after the delivery. You will probably be thinking about how and where you want to give birth: at home or in hospital?

The Birth Centre Sophia offers the perfect combination of both. A cosy, homely and safe environment with the hospital's maternity ward around the corner. During labour and the days after the birth, you can count on us to give you the care you need at that time.

Care in a homely environment

At the Birth Centre Sophia, you have your own room with a cot, a dresser, an extra bed for your partner, a radio, colour TV and telephone. The rooms are pleasantly and comfortably decorated, so that you won't feel as though you are in a hospital. You are free to receive visitors at anytime you like; throughout the day or at certain times.

As if you are giving birth at home

At the Birth Centre Sophia you can give birth without a medical indication and under the guidance of your own midwife. You can discuss with your midwife the way in which you would like to give birth. Should the help of a doctor be required during labour, he or she will literally be available around the corner.

A relaxed time with your baby

After the birth, you can enjoy some quiet time with your baby at the Birth Centre Sophia. The mother, baby and visitors are pampered by our staff, paying attention to your personal wishes and your situation at home. You can count on our services and care 24 hours a day, giving you time to recuperate. Also if it's too busy at home, for example, or if your home is too small, the Birth Centre Sophia is a perfect place to spend quality time with your child.

If you have given birth in hospital, you are welcome to stay with your baby at the Birth Centre Sophia for the next few days.

Visitors are always welcome

Your family and friends are welcome during the day from 9 am to 9 pm. Coffee and tea are available for visitors, as well as 'beschuit met muisjes' (traditional Dutch treat served when a child is born). Your partner can stay with you and your new-born child day and night.

Meals

Meals at the Birth Centre Sophia are served in the room itself. There is no obligation to use this service. Visitors may bring meals for you if you wish.

Number of nights

In general, your stay at the Birth Centre Sophia will be between three and five days, depending on your wishes and the health-care insurance contribution. You can also combine the stay at the Birth Centre with maternity care at home.

Costs and fees

The costs in connection with the birth and maternity period (the number of hours of maternity care you are entitled to) will be refunded by your health-care insurer.

You are however obliged to pay a statutory personal contribution, although this contribution may be covered by some insurers if a supplementary insurance policy has been taken out. Please read the insurance policy carefully and contact the insurer regarding the contribution to which you are entitled. You have to pay for meals and materials, except on the day of the birth.

Information & Registration

Would you like to know more about the Birth Centre Sophia? Or would you like to register? Please phone our Customer Information Line: **(0031) 010 – 282 63 33**. We are happy to send you an information package. Or log on to our website www.geboortecentrum Sophia.nl and register on-line.

Contact details

Birth Centre Sophia
www.geboortecentrum Sophia.nl
Correspondence address: P.O. Box 2060, 3000 CB Rotterdam
Visiting address: Dr. Molewaterplein 60, 3015 GJ Rotterdam

Customer Information Line: (0031) 010 – 282 63 33

