

Welcome to BB Stockholm

- practical information

BB Stockholms Facilities

- Our birthing and antenatal rooms are on the 9th floor.
- Our postnatal family rooms are on the 4th floor (Point Q), 6th floor (Point P) and the 9th floor (Point Q).
- Our maternity care specialists as well as the labor and delivery reception is located on the 4th floor (Point Q)
- Entry codes to the entrance doors are located on the inside of the door.

Packing List

- Birthplan (if you have prepared one)
- Clothing for yourself, your partner and any support persons.
- Clothing to the baby, when going home. During your time in the postnatal ward, BB Stockholm encourages skin to skin contact, so it is often times enough for the baby to just have a diaper and a blanket.
- Blanket for the baby.
- Infant car seat for the ride home. (The car seat can remain in the car during your stay)
- Slippers or other comfortable shoes to wear inside
- Snacks, if you wish. (Nuts and citrus fruits are not allowed)
- Toiletries (i.e. toothbrush, toothpaste hair brush, hair ties etc.)
- A speaker, so you can play your favorite music.

**A bluetooth speaker is available in all birthing rooms.*

Parking

Parking is available outside of the main entrance of the labor and delivery ward.

The parking app used is called **Parkit**. There is a discount code available which you will get on arrival to the hospital.

WiFi

There is Wi-fi. You will receive the password upon arrival.

Meals at BB Stockholm

Breakfast

Monday - Friday 07:00 – 09:30

Saturday-Sunday 07:30 – 09:30

Lunch 11:30 – 13:30

Dinner 16:30-19:30

- Lunch and dinner is warmed in the microwave.
- All partners and support persons are offered food during their stay.
- A refrigerator is available for families that are registered in the ward, in which you can store personal food and drink items.
- Food waste should be discarded in the designated bin for scraps in order to be recycled into biogas.
- Please inform us of any specific allergies.

Your Visit

One partner or support person is allowed to stay in the antenatal ward. All other persons are not allowed visitation

Photography and Videography

At BB Stockholm, it is forbidden to film or photograph personnel and other persons in the ward without their consent.

Costs

The birthing person pays 130kr/ day from the time of admission to the hospital until the time of discharge.

The partner/support person pays 250kr/day from the time of admission into the hospital until the time of discharge. There is no fee for the partner/supporting person if admitted to the antenatal ward or during labor and delivery. After the baby is born, the fee is 800kr/ day. The fee includes food, drink, room and board, bedding and towels.

Cash is not accepted, so please have a **credit/debit card** available. An invoice is possible as well.

Pressbyrån

Is located at the main entrance of Danderyds Hospital, 3rd floor.

Opening hours at pressbyrån:

- Monday - Friday 06:30-20:00
- Saturday – Sunday 09:00-19:00

During the summer and holidays (red days), the opening hours are subject to change.

Apotek (Pharmacy)

Apotek Hjärtat Located on the 3rd floor, at the main entrance of Danderyds Sjukhus.

Opening Hours

- Monday - Friday 08:00 - 18:00
- Saturday- Sunday 10:00 - 15:00

**During the summer and holidays (red days), the opening hours are subject to change.*

The child's security number and name

Social security number (Personnummer)

Once the child is born the midwife will register the birth to the tax office (Skatteverket). If the birth person is a registered resident of Sweden, the child will receive the social security number immediately. The social security number can be found on the journal copies, FV2, which you will receive before going home.

Naming your Child

As parents, you have three months to decide the name of your child. When you come home, papers will be sent in the mail, which need to be signed and returned to Skatteverket. If the parents have two different surnames, the child will be automatically given the mother's surname at birth. You can change the surname via the document sent by the tax office (Skatteverket).

Confirmation of parenthood

If you are married to the person that has given birth, you are automatically registered as a parent. If you are unmarried, then your parental connection will need to be established via försäkringskassan.

A confirmation of parenthood (föräldraskapsbekräftelse) is easily registered in Skatteverkets e-services, digital föräldraskapsbekräftelse. The service can be used for children born from 1 January 2022. Confirmation of parenthood should be registered within 14 days after the birth of the child. For the birthing parent, your confirmation of parenthood must be approved via the e-services.

For more information, please visit www.bbstockholm.se

