



everyday expertise™

## NEW BABY CHECKLIST

Use this handy checklist to get ready for baby without blowing your budget. Grab essentials, like nappies, wipes and baby vests/grows, whenever there's a sale on, and always plan 3-6 months ahead as babies grow fast.

### NAPPIES

At least 2x packs of newborn nappies PLUS 2x packs of 0-3 month sizes. Stock up on the next size up whenever there's a sale on

Wipes/cotton wool: Buy several packs

Sudocrem or other barrier cream. So useful for sore bottoms

Changing Mat. Make sure it's easy to wipe down and keep clean

### CLOTHES

Cotton babygrow: All in one rompersuit with poppers. Buy at least 6 in current size and have at least 2 in the next size up

Cotton vests: t-shirts with poppers between the legs, often worn under babygrow. At least 6

Cardigan: At least 1, aim for one size up to help with fitting

Woolly hat: Buy 2

Socks: At least 4 pairs

Sun hat: Buy 2

### FORMULA FEEDING

Bottles and teats x 6

Formula milk (ready mixed, or a powder to make up)  
Bottle brush

Sterilising equipment – sterilizing fluid/tablets or steam sterilizer

Muslin cloths. Buy a multi-pack of at least 4 – you will find them useful

### SLEEPING

Moses Basket & Mattress: Ensure the mattress fits snugly

Fitted Sheets in 100% Cotton: Buy 3 or 4 – you will need to wash them frequently

Baby blanket or sleepsac: To keep baby warm at night, buy at least 2

### BREASTFEEDING

Nursing bras: at least 2

Lanolin-based nipple cream

Breast pads 1x pack

Breast pump

Bottles x 3

Bottle brush

Breastmilk storage bags/containers

Muslin cloths. Buy a multi-pack of at least 4 – you will find them useful

### OUT AND ABOUT

Rear-facing infant car seat

Changing Bag. It doesn't have to be a specific changing bag, just a comfortably carry with multiple pockets for all your essentials: nappies, wipes, bottles, spare clothes

Baby Carrier or Sling. Research different styles and look for good quality second-hand bargains

Pram/Stroller. Must have a flat bed or full recline setting for newborns

### BATHING AND HYGEINE

Baby Bathtub

Baby nail clippers

Mild baby shampoo/wash

Sponge or soft wash cloth



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