



'New Baby' Checklist

Mum's Clothing

- Waistband extender
- New bra
- Maternity wear
- Comfortable shoes
- Belly support bands

Mum's Comfort

- Body pillow
- Body oil
- Sleep aids
- Earplugs
- Eyemask
- Electric fan
- Maternity pads

Extras

- Vitamins
- Pregnancy books
- Pregnancy journal
- Baby books
- Hospital bag

Feeding

- Bibs
- Muslin cloths
- Breast pump
- Bottles and teats
- Steriliser
- Formula if you're not breastfeeding
- Nursing bras

- Breast pads
- Feeding chair
- Dummies

Sleeping

- Cot/Moses basket
- Fitted sheet
- Fitted mattress
- Light blankets
- Baby grobag
- Swaddle pod

Travelling

- Baby sling
- Pram/pushchair
- Car seat

Nursery

- Changing table
- Play mat
- Baby monitor
- Baby swing
- Nappies

Baby Clothing

- One piece babygros and sleepsuits (8-10)
- Mittens and booties (2-3 pairs of each)
- Vests (6-8)
- Cardigans (2-3)
- Sunhats (2)

- Winter fleece or snowsuit (for winter babies)
- Socks (4-6 pairs)

Baby health

- Infant and/or child thermometers (digital and ear/rectal)
- Calpol (Always check first with your GP)
- Barrier cream
- Aloe gel for burns
- Baby-safe sunscreen
- Baby-safe insect repellent
- Nasal aspirator bulb
- Assortment of adhesive plasters

House safety

- Drawer latches
- Fridge door latches
- Toilet seat latches
- Stair gates
- Teething toys and gels
- Socket covers

Bathing

- Baby bath
- Baby towels