

BUYING FOR BABY

checklist

Must-have items:

- **Cot** : When purchasing a new cot, make sure it meets the Standards Australia requirements {or whatever the standards are where you live}. You can visit standards.org.au for more information.
- **Chest of drawers** : Babies require lots of things, and you want a set of drawers that will be usable as they grow. I've opted for a chest of drawers with a change table attachment on top, that we'll remove as the baby grows.
- **Mattress** : A new mattress is essential for your baby, rather than buying second hand or using a hand-me-down. A used mattress is a SIDS risk, so invest in a new one.
- **Waterproof mattress protectors** : Grab two of these to keep your mattress free from any spills or leakages.
- **Sheet sets** : Take note of your mattress size, and choose breathable sheets made of cotton that fit perfectly. Again you'll need 2 sets.
- **Swaddles or wraps** : Babies love to be snug and wrapped so have 2-4 of these will come in handy. I make sure mine are at least 120cm x 120cm so they fit as the baby grows.
- **Baby clothing** : It's hard not to go crazy with cute clothing, but to start you'll only need a few things; 4 bodysuits, 4-5 singlets, 3-4 grow suits, a little beanie, 7 pairs of little socks and some cardigans or jackets for wearing when heading outside.
- **High chair** : You'll need one at around the 6 month mark when baby is ready to start solids. I love the Ikea one {affordable and easy to clean}.
- **Pram** : Probably your biggest purchase during pregnancy, shop around, test drive a few and keep an eye out for what other mums are using.
- **Toiletries** : Buy natural products for your baby and their sensitive skin. You'll need nappies, wipes, barrier cream, cotton wool, cotton buds, soap, a gentle shampoo, as well as little nail clippers, hair brush and a few face cloths for bath time.
- **Baby bath**: If you can find one with a plug, it will make life easier! Otherwise any will do.
- **Bath towel** : You'll need a few of these. I loved the ones with the little hoods to dry baby's hair after bath time.
- **First aid kit** : You'll want to keep a little kit of first aid products, as well as a thermometer {the Tommee Tippee one is really good} and some Paracetamol, in case of illness.
- **Baby car seat / capsule** : For the early months you can get a baby car seat that clicks into your pram, making getting out and about easy. Check with your local baby shop for more advice.
- **Nappy bag** : You might have a large handbag at home already that you like, or you might like to buy one to carry everything you need for your baby when you head out and about. Nappy bags are good because they can usually be wiped out with ease when things spill, and they do!

Feeding equipment : I'll be breastfeeding, and bottle-feeding expressed milk {if all goes to plan} so these are essential for me. If you're doing the same or formula-feeding here are some suggestions.

- **Bottles** : The teat and flow of the Tommee Tippee Miomee range mimics a mother's breast, so is an ideal choice. Four bottles of varying sizes is a good start.
- **Steriliser** : You can buy electric or microwave, I like microwave because they're easy to use and store when not in use.
- **Breast pump** : Obviously if you're formula feeding this isn't for you, but it's good to help with supply, or to store breast milk for later use.
- **Milk storage containers** : For storing breast milk until you're ready to use. It needs to be stored correctly.
- **Bottle bag**: This comes in handy for when you're out and about with bub, keeping your bottles stored properly and keeping the milk warm for baby.
- **Breast pads**: You'll probably want to buy these to pop in your hospital bag, or at least have some ready for when you return home with bub.

Might-want items:

- **Bassinet** : I didn't have one of these with Lacey, but it was one of the first things I bought this pregnancy. It's especially handy if you're having the baby in your room with you for the first few months.
- **Sleeping bags** : Similar to the swaddles or wraps, sleeping bags will keep your little one snug at sleep time.
- **Change table & mat** : Not essential, but it definitely makes life easier to have all your nappies, wipes, creams and ointments in one spot, plus not having to sit on the floor to change your bub.
- **Mobile** : Sometimes used above the cot, or above the change table, it's a sweet way to keep baby entertained and to decorate the room.
- **Feeding chair** : Another thing I indulged in this time around is a feeding chair. We'll use it to feed the baby at night, and then read stories before bedtime as baby grows.
- **Baby monitor** : An easy way to keep an ear out for the baby waking or stirring.
- **Night-light** : Instead of waking your baby by using the bedroom light to check on them, a little night light comes in handy. Or you may just use the light from your phone as you navigate your way around!
- **Sling or pouch** : For me this is an essential, but for others it might not be. I love baby-wearing. I love the Baby Bjorn and will be giving the Ergo Baby Carrier a run this time around too.
- **Comforter/dummy**: Your bub might like to be soothed with a dummy, and the Tommee Tippee range is developed in conjunction with leading orthodontists to protect against teeth and jaw misalignment.



FAT
MUM
SLIM