



## Things to buy for your new baby

### Clothing

- One-piece outfits (bodysuits/rompers or stretch-n-grows) with domes or fasteners at the bottom and enclosed feet – (These are easy to put on and to keep baby cosy) x 6-8
- One-piece pyjamas or nighties (easy to change nappies in the middle of the night) x 6
- Undergarments such as singlets/vests-cotton or woollen x 6
- Cardigans or warm tops in natural fibres such as wool/merino and avoid patterns with large gaps or holes and ribbons as little fingers can get tangled
- Blanket – wool or 100% cotton-aircell
- Socks or booties x 6
- Hat/bonnet in wool or cotton depending on the season
- Mittens in case of scratchy nails
- Shawl



## Feeding

- Bibs x 4-6
- A pack of muslin squares to protect your clothes from accidents!
- For breastfeeding buy some supportive nursing bras (cotton) and breast pads (cloth or disposable)
- Comfortable feeding pillow
- If you plan to express breast milk you'll need a breast pump, bottles, newborn teats, and disposable, sterile plastic bottle liners to express the milk into and freeze, bottle steriliser

## Changing supplies in the early days

- Nappies (enough for 10 –12 per day) cloth or disposable
- Nappy buckets with tight fitting lids for soaking nappies before washing (it is essential you ensure the lid is always secure for safety precautions)
- Nappy liners – to place on the inside of cloth nappies to help keep baby dry and make nappy cleaning easier
- Changing mat (waterproof, easy wipe foam mat with raised sides)
- Changing bag
- Changing table (waist height)
- Wet wipes (unscented and alcohol free)
- Lamp with low watt light bulb or a night light for night time nappy changes and feeds to disturb baby as little as possible
- Laundry hamper



## Bath time

- A baby bath, a clean washing-up bowl or the old fashioned kitchen sink
- A newborn bath support /lounger made from towelling, for baby to lie on in the bath
- Baby wash- soap-free or baby wash liquid with pH 5.5
- Petroleum jelly or nappy rash cream
- Some small soft towels or gauze/muslin cloths
- Towels x 2-4 (hooded ones are very useful to wrap baby in after the bath)
- Baby massage oil—unscented vegetable or almond oil

## Bedtime

- A cot or bassinet
- Mattress – breathable, firm and fits snugly into the baby's bed
- A couple of blankets – cotton aircell
- Cot sheets x 4 – one or two fitted of natural cotton material for the bottom sheet
- Pillowcases to place over the bottom sheet at the top of the bassinet (under the baby's head to catch any dribbles and make bed changing easier) - Pillows are not advised for infants
- Baby sleeping bag/sleep-wrap
- Baby monitor - optional
- A thermometer
- Nightlight for night feeds and nappy changes



## Travelling with your baby

- A rear-facing car seat or baby capsule, ensuring that it fits correctly in the car - (with a head-support insert for newborns)
- Remember all babies must travel in a car seat by law, do not place car seat in front seat if the car has airbags and it is not recommended to buy second hand baby car seats (car seats can be bought or hired from stores or Plunket (NZ) run a car seat rental scheme)
- A buggy, pram or pushchair that can be placed in the lie-flat position for newborn babies
- Sling (very useful to soothe an upset baby)
- Frontpack
- Baby bag/hold - for all the paraphernalia when you venture out with your new bundle of joy!!)

