

Nursery Set Up

Checklist

- Cot (new or second hand)
- New cot mattress
- Change table (new or second hand)
- New change mat
- Feeding chair (try and put near a plug so you can charge your phone or plug in breast pump)
- Side table near feeding chair
- Night light near feeding chair (make sure it has a red light option)
- Speaker system to play music
- Baby coat hangers
- 3x Fitted sheets
- 3x Mattress protectors (Tip: Place protector down then fitted sheet, then another mattress protector and another fitted sheet. No one wants to change sheets after a blowout at 3am).
- Nappy draw or caddie (nappies, wipes, nappy cream and distraction/chew toy)
- Baby camera/ monitor set up
- Baby beanbag/ rocker/bouncer
- Blanket, snacks and water bottle to be kept by feeding chair.
- Nappy bin with bin/nappy liners
- Difuser to freshen up the room scent

NOTES

Newborn Shopping Checklist

Feeding

- Breast pump
- Bottles with newborn teat
- Milk storage
- High chair (Not needed until later)
- Baby mesh food taster
- Breastfeeding tops and bras
- Breastfeeding pillow

Gear

- Pram/stroller
- Pram rain cover
- Car window shade
- Baby carrier
- Car sea (Professionally installed)
- Safety equipment: Baby gates, child-resistant locks and catches, stove guard and door knob covers

Bathing

- Baby bath seat
- Baby body wash
- Baby tooth brush
- No slip bath mat
- Bath toys/bath thermometer
- Baby washer and towel
- Lavendar bath drops

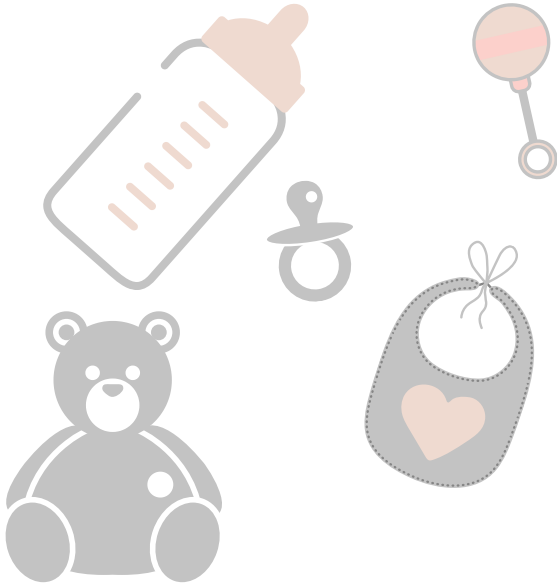
Clothing

- Six singlets, size 000
- Six onesies size 000 (short sleeved, long sleeved depending on when your baby is due)
- Two cardigans or jackets for cold
- Two pairs of socks
- At least two bibs
- A hat (a soft sunhat for summer and a beanie or two for winter)

Nappy Bag Set Up

Checklist

We recommend a backpack over a shoulder nappy bag. A backpack gives you two hands free to baby carry on front, manage the pusher or carry the car capsule.



- Backpack
- Feeding supports eg. formula, expressed milk, bottle
- At least 6 nappies and nappy bin bags
- Nappy cream
- Wet wipes
- Hand sanitiser
- Disposable change mats (can use disposable puppy toilet training mats)
- Burping cloth
- Baby bib
- Change of baby clothes (change of top for you also)
- Socks/beanie if it's winter
- Spare dummy if you use one
- Small container to keep dummy in
- Spare battery/phone charging pack
- Water bottle for mummy
- A couple of breakfast bars for snacks on the run
- A couple of special toys that live in bag and only come out when needed when out and about. This will keep baby interested and distracted if needed.
- Teething toy/ rusk



Baby Birth Photo Checklist



YOU MIGHT NOT BE IN THE PHOTO TAKING MINDFRAME POST BIRTH SO YOU WILL BE RELYING ON YOUR BIRTH PARTNER AND NURSES TO TAKE SOME PHOTOS WHICH WILL ACT AS BEAUTIFUL MEMORIES IN YEARS TO COME. AS MUCH AS YOU THINK IT MIGHT BE COMMON SENSE WHAT PHOTOS YOU MIGHT WANT POST BIRT, YOUR BIRTHING PARTNER MIGHT NOT BE AWARE OF YOUR EXPECTATIONS. HAVE A CHAT ABOUT WHAT'S WANTED, NEEDED, EXPECTED PRIOR TO BIRTH SO YOU DON'T HAVE TO WORRY ABOUT IT ON THE DAY.



**ARRIVAL/HOSPITAL GOWN
PHOTO (BEFORE IT ALL
REALLY KICKS OFF)**



**FIRST MEET PHOTO
ASK NURSE TO TAKE IT**



FIRST WEIGH IN PHOTO



FIRST FEEDING PHOTO



**HOSPITAL BASSINET PHOTO
WITH NAME TAG**

**EXTRA HINT- TAKE A PHOTO OF THE HOSPITAL
BIRTH CARD THAT IS ATTACHED TO THE
BASSINET. IT IS A GREAT RECORD OF ALL
DETAILS**



**BUMP &
BEYOND**

Post Birth Care Checklist

Vaginal birth

- High waisted underwear
- Maternity pads (bigger the better)
- Gel ice packs
- Panadol
- Dark pants and clothing
- Breast pads
- Breast gel ice/heat packs
- Stool softner
- Disposable adult nappies
- Water bottle- stay hydrated
- Cream for any stitches
- Doughnut pillow to sit on (especially for drive home)
- Home made ice packs. Buy gloves fill gloves with water and tie end. Put in freezer. Once frozen take out and wrap in paper towel. Single use only. Dispose of after one use.

C- Section birth

- High waisted underwear
- Loose dark clothing
- Maternity pads (bigger the better)
- Disposable adult nappies
- Breast gel ice/heat packs
- Breast pads
- Water bottle- stay hydrated
- Gel ice packs
- Heat packs
- Breast gel ice/heat packs
- Breast pads



Milestone Cards

Print and Cut

*Welcome to
the world*



One

Month Old



Two

Months Old



Three

Months Old



Milestone Cards

Four

Months Old



Five

Month Old



Six

Months Old



Seven

Months Old



Milestone Cards

Eight

Months Old



Nine

Months Old



Ten

Months Old



Eleven

Months Old



*oh hello
there!
Please wave
but don't
touch. I'm too
small for any
germs.*



STOP!
GERMS ARE TOO
BIG FOR LITTLE
ME.
LOOK BUT DON'T
TOUCH.
THANK YOU



PRINT ME, CUT ME OUT AND
HANG ME ON YOUR PRAM OR
CAR CAPSULE




PLEASE DON'T
TOUCH!
GERMS CAN
HURT ME
THANK YOU

I'M CUTE
AND CUDDLY
BUT PLEASE
DON'T REACH
IN AND
TOUCH ME.

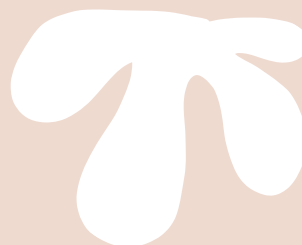


Hello

I KNOW I'M CUTE
BUT I'M ALSO VERY
SMALL PLEASE DONT
TOUCH UNTIL IM
BIGGER AND
STRONGER.



PLEASE DON'T
TOUCH THE BABY



*oh hello
there!
Please wave
but don't
touch. I'm too
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Hello

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BUT IM ALSO VERY
SMALL
PLEASE DONT TOUCH
UNTIL IM BIGGER
AND STRONGER.



PLEASE DON'T
TOUCH THE BABY

