



Clothing

- At least 6 babygros and 4 vests, all with poppers
- Some socks
- A couple of cardigans
- A little hat
- Some mittens in case of scratchy nails

Feeding

- If you're breastfeeding buy some good nursing bras, breast pads, and if you wish to express milk you'll need a breast pump.
- A pack of muslin squares to protect your clothes from accidents!

Changing supplies in the early days

- Nappies (enough for 10 –12 per day)
- Changing mat
- Changing bag
- Changing station

Bathtime

- Baby wash
- A baby bath, a clean washing-up bowl or a newborn bath support
- Some small soft towels

Bedtime

- A Moses basket or cot
- A mattress to fit the basket
- A couple of blankets
- Cot sheets or a bottom sheet and baby sleeping bag
- A listening monitor
- A thermometer

Travelling with your baby

- For the car, get a rear-facing car seat and ensure you fit it correctly in the car
- A buggy, pram or pushchair that can be placed in the lie-flat position for newborn babies