

Holding Mama

SHOPPING LIST

for baby

FURNITURE

Instead of a baby compactum, we suggest you buy a nice set of drawers to store baby's clothes. Babies outgrow the compactum very quickly and you can always repurpose the set of drawers whereas a compactum becomes a white elephant! Have a small storage crate of wet wipes, nappies and bum cream and it can travel with you around the house. A nappy changing mat can simply be placed on your bed or floor so you don't have to worry about baby rolling. This will allow you to step away to wash your hands if baby is safe from rolling

- A comfortable feeding chair with arm support and a footstool along with a side table for your water and snacks (a good place to store *Holding Mama*)
- A playmat with a mobile can keep baby entertained for short periods while you attend to your needs
- A simple bouncy chair (doesn't need to be fancy or having a rocking function) helps if baby likes to be upright and look around. This is a hack to use if you need to take a shower! Baby might love spectating you shower, watching you make faces through the shower door and drawing shapes on the glass

TOILETRIES

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| ■ Cotton pads/balls (<i>for cleaning around eyes, in the creases and cleaning the chord</i>) | ■ Gentle soap from Epimax or Pure Beginnings |
| ■ Surgical spirits or Rescue remedy to clean the chord | ■ Epimax cream as an alternative to soap if baby has especially sensitive skin and for applying after bathtime |
| ■ Wet wipes | ■ Panado syrup or Calpol for fevers (<i>see chapter on common childhood ailments in trimester 4</i>) |
| ■ Nappies - 1-2 bags of newborn and a few bags of size 1 | ■ Baby nail scissors (<i>biting or gently tearing them is usually easier in the early days</i>) |
| ■ Bum cream (<i>we recommend Sudocrem</i>) | ■ Saline spray for blocked nose and nose sucker such as a 'Nose Frida' |
| ■ Baby shampoo (<i>we recommend Pure Beginnings</i>) | |

THINGS

MUST-HAVES

- Clothes (*onesies with a zipper make changes easier*)
- Nappy changing mat
- White noise on a phone or device
- Soft silicone spoon for solids
- Baby bath (*try the one you can insert in to a big bath*)
- A stretchy wrap or ring sling for newborn carry
- A structured wrap for when baby gets bigger
- Socks, bibs and beanies
- Pram (*using one that has a car seat that clips in can be helpful*)
- High chair

NICE-TO-HAVES

- Bouncy chair
- Playmat
- White noise on a phone or device
- Nursing cover if breastfeeding
- Carseat cover
- A bucket bib or bib that can be wiped down when eating solids
- Breast pump
- Bottles
- Pacifier/Dummy
- Baby Monitor

TOYS

See our directory for our favourites

- Bath toys
- A mobile that can be attached to a playmat, bouncy chair or cot
- Teething toys
- Books (*lots of hard cover books for first year... don't underestimate the power of reading from the beginning of baby's life*)
- Lovey/soft blanket for attachment