

# Newborn Baby Checklist



All the essentials you will need for your new baby.

To include:

- ✓ What to take into Hospital for You and Your Baby
- ✓ Newborn Essential Clothing
- ✓ Sleeping Equipment and Bedding for your Baby
- ✓ Feeding Equipment
- ✓ Nappies and Changing Equipment
- ✓ Bathing and Washing Equipment
- ✓ Travel and Playtime Shopping List

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# What to take into Hospital for You and Your Baby

*In India, if a woman's labour was not progressing she was made to drink a glass of water in which her mother-in-law's big toe had been dipped; In Guatemala, if the baby will not come, a common remedy is to boil a purple onion in beer and have the woman drink the liquid.*

You may find purple onions and your mother-in-laws toes useful when deciding what to pack in your hospital bag - but below is a more practical checklist for your labour bag and your new baby:-



## ***For your Labour***

- Antenatal notes
- Birth plan if you have made one
- TENS machine if you are using one
- Nightdress or large T-shirt for delivery
- Thick socks
- Snacks and drinks
- Magazines and books
- Dressing gown and slippers
- Camera
- Lip balm and facial spray
- Wash bag and hairbrush/bands

*"As a Mum-to-be you will have items that are personal to you that you will want to add to the list – eg a favourite pillow/ calming music, etc ..."*

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## ***For the Ward***

- Two or three nightdresses or pajamas – front opening for feeding
- Three nursing bras
- Breast pads  
The best are [chlorine-free and plastic free pads](#) - for sensitive skin
- Nipple cream
- Disposable or cheap underpants
- At least twenty-four maternity pads  
We recommend [chlorine-free and plastic free pads](#) the purest
- Two towels  
Why not treat yourself to some new [Organic Cotton, Supersoft Towels](#)
- Tissues and Facial wipes/Baby Wipes  
We recommend [our Best Selling Certified Organic Wipes](#)
- Make-up bag
- Arnica tablets/cream
- Phone
- Clothes for going home (maternity wear)

*"It is a good idea to have your hospital bag ready about a month before your baby's due date."*

## ***Hospital checklist for your Baby***

- Newborn nappies  
We recommend [Beaming Baby Bio degradable disposable nappies](#) - Each nappy has 30% less chemicals than standard disposable nappies and are kind to newborn sensitive skin.
- Three vests
- Three sleepsuits
- Muslin squares
- Shawl or blanket
- Warm jacket for going home in

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# Baby Checklist

## Essential Clothing for your Newborn Baby



*Eleven years ago, when my wife was expecting our first baby, she tried to restrain herself from splashing out on too many baby goodies. We were on a strict budget and realised that we had to be sensible.*

*But, drifting through a French market one holiday afternoon, she spotted an organic cotton baby grow with matching mitts and hat that were so gorgeously sweet she couldn't resist. Euros were exchanged and they took pride of place in our "nursery in waiting"...*

*We found this baby grow set about a year later, hidden under a pram hood at the back of the wardrobe, still in it's stylish French wrapping! Our little boy was about 5 sizes too big for it by then!*

### Our newborn baby was no different from any other baby...

... he grew so incredibly fast that a clothing size sometimes only lasted a couple of weeks. (In their first year, most newborns triple their birth weight and increase their length by about 50%.)

That said there are a few items worth gathering before your baby arrives:-

When shopping for clothes for your newborn, make sure they are washable, don't need ironing.

You will find your baby grows out of newborn-size clothes very quickly, so it's a good idea to buy most clothes in 0-3 months size.

*Choose Baby Clothes with maximum comfort and minimum restriction*

[Soft Organic Cotton Baby Clothes](#)

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## *Newborn Essentials*

- At least six short-sleeved vests (bodysuits) with poppers between the legs
- At least six sleep suits (baby grows)
- Two or three cardigans
- One all-in-one or warm jacket for going outside in winter
- At least two hats
- At least two pairs of booties or socks
- Mittens (optional)
- Bibs

### *“A word about Organic Cotton”*

*8 times more pesticide is used on one hectare of conventional cotton than on any other crop!*

*Organic Cotton Farming only uses natural pesticides and crop rotation which promotes biodiversity.*

*handpicked 100% natural fibre organic cotton and is dyed using environmentally friendly dyes therefore making our baby organic cotton clothes the ideal choice for baby’s delicate skin.*

[Soft Organic Cotton Baby Clothes](#)

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# Shopping list for your baby's bedding needs

*"She'll be able to say - I was brought up in Downing Street in a cardboard box."*

David Cameron



*When David Cameron's little girl Florence was born she did not have a cot so his six-year-old daughter Nancy decorated a cardboard box for her to sleep in. The prime minister's wife Samantha had given birth to the baby girl while the family were on holiday in Cornwall. The baby stayed sleeping in the box, even after they returned to Downing Street.*

Here are the some more conventional sleeping arrangements we would recommend for your newborn baby:-

- Moses basket/crib and mattress
- Drop-side cot and mattress  
Fast growing babies may have outgrown their crib by six weeks!
- Bedding for the Moses basket  
At least four fitted sheets, four cellular cotton blankets and four flat sheets (optional). [Organic cotton is preferable.](#)
- Bedding for the drop-side cot  
Four fitted sheets, four flat sheets, four large blankets. [Organic cotton is preferable](#)
- Twelve to twenty-four muslin squares  
Place under baby's head to catch any milk he brings up
- Two shawls for swaddling
- Room temperature gauge (optional)
- Baby monitor (optional)

"You can buy cots that convert into a small bed when your child is older, but remember that you may need the cot for your next baby!"

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# Feeding Equipment for your New Baby

*The feeding equipment you need will vary slightly, depending on whether you choose to breastfeed or bottle feed.*

## Breastfeeding Shopping List

- Plenty of breast pads  
We recommend [chlorine-free and plastic free pads](#) to protect sensitive skin
- At least two nursing bras
- Nipple cream
- Breast pump, hand or electric
- Freezer bags for freezing breast milk
- 2 x 100ml (4fl oz) bottles for expressing milk
- Size 1 newborn teats for expressed milk
- Bottle sterilizer for expressed milk
- Nursing pillow (not essential; ordinary pillows are just as good)

*"Feeding your baby can be very rewarding and a time to enjoy a real feeling of closeness. Babies get far more than just nutrition from a feed - they enjoy the cuddle, the comfort and the satisfaction of a full tummy."*

*"Expressing means your baby can still have the benefits of breast milk even if you are away from her. Whether you're just out for a few hours, or have gone back to work, your baby can carry on enjoying your milk while someone else is caring for her"*

*Do I need to buy a nursing chair?  
When some style-conscious friends of ours had their first baby we were surprised to see new Mum, Tessa sitting in their swanky sitting room breast-feeding her daughter in a faded old garden chair – Tessa explained "It positions me perfectly for breastfeeding!"  
So have an experiment with what you have before you go shopping for anything new.*

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## **Bottle Feeding Shopping List**

- 2 x 100ml (4fl oz) bottles with teats
- 6 x 200ml (8fl oz) bottles with teats
- Size 1 newborn teats
- Bottle sterilizer
- Plastic jug for warming bottles
- Tin or formula suitable for newborns
- Bottle brush
- Electric bottle warmer (optional)
- Milk powder dispenser (optional)

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# Nappies and Changing Equipment

*You can choose from disposable or washable nappies, and many parents use a combination of both. It is often a good idea not to buy huge quantities of nappies before your baby is born, as you will need some time to find out what works best for you and your baby.*



## Changing Shopping List

- Changing mat
- Changing unit with safety strap (optional)
- [Organic Cotton wool](#)
- [Newborn nappies](#) (disposables or washable)
- Barrier cream for baby's bottom
- [Baby wipes](#) (use from 2 weeks onwards)
- Nappy bin or nappy wrapper (optional)
- Disposable changing mat liners (optional)

## Shopping List for Washables

- Fifteen to twenty-five washable nappies
- Four or five wraps or [plastic pants](#)
- [Nappy liners](#) (washable or disposable)
- Nappy pins or '[nappy nippas](#)'
- Plastic bucket with lid for storing dirty nappies
- Nappy sterilizing liquid

*"We recommend Beaming Baby Bio degradable disposable nappies - Each nappy has 30% less chemicals than standard disposable nappies and is kind to newborn sensitive skin. They are designed to last up to 12 hours and are totally chlorine free. They are the most bio-degradable nappy available in the UK today!"*

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# Bathing and Washing Equipment – what your newborn needs

*Toiletries for your baby should be gentle and suitable for sensitive skin. We would always recommend Certified Organic Baby Toiletries for newborn skin.*



## Baby Bathing Shopping List

- Two bath towels or [baby towels with hoods](#)
- Two hand towels
- [Two sponges](#) (we recommend natural sponges for their absorbency and softness)
- Two soft flannels
- [Baby Shampoo and Bodywash](#)

*How often does my newborn need a bath?*

*"There's no need to give your newborn a bath every day. In fact, bathing your baby more than several times a week can dry out his or her skin. A sponge bath with your baby just lying on a soft blanket or towel will do the job just as well"*

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# Toys and Playtime

*Newborn babies don't need any toys – just their mum and dad's voice and attention is good enough.*

*But as they grow they look for further stimulation so why not prepare a wish list of favourite toys to give to friends and relatives when they ask you what you would like.*

*Use your local library and toy library too – babies can grow out of toys quickly so it is wise not to invest too much money or house space on expensive and bulky toys.*



## Baby Toy Suggestions

- Black and white baby books/toys
- Soft toys suitable from birth
- Adjustable or bouncy chair (not needed until about 1 month old)
- Activity gym
- Activity arch for car seat/bouncy chair
- Musical toys/mobile

For some wonderful organic cotton and eco friendly toys, visit [http://www.beamingbaby.co.uk/baby\\_products/nursery\\_toys.html](http://www.beamingbaby.co.uk/baby_products/nursery_toys.html)

*"When buying toys for your baby, check that they are suitable for his age and (in Europe) have the CE safety mark"*

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# Travel Equipment

*The one essential piece of travel equipment you will need is a rear-facing car seat to take your baby home from hospital. Make sure that the seat fits your car, and that you and your partner know how to take it in and out of the car before you bring your baby home.*



## Travel Shopping List

- Rear-facing car seat suitable from birth
- Pram and/or pushchair/travel system suitable from birth
- Changing bag
- Baby sling or carrier (optional)
- Travel cot (optional)

*We at Beaming Baby hope you have found this checklist useful.*

*Enjoy your newborn baby and all those precious moments.*

Beaming Baby are dedicated to giving YOUR BABY the Healthiest Start to Life. For Free Samples of the Purest Bio-Degradable Nappies, Organic Baby Wipes and Organic Baby Bath Products, go to [www.beamingbaby.co.uk](http://www.beamingbaby.co.uk).

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