

New Mum Checklists

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MUST-HAVES
FOR MUM & BABY

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Baby

NURSERY

- Cot
- Bassinet
- Cot mattress
- Change table or change mat
- Change mat cover
- Change table caddy or containers
- Feeding Chair
- Decals
- Wall art or decorations
- Rug
- Cot sheets
- Bassinet sheets
- Baby blanket
- Monitor
- Euky Bear sleep aid / night light / white noise machine
- Dresser or drawers
- Playmat / play gym
- Comforter

BATH & CHANGE TIME

- Baby bath
- Baby Body wash
- Baby hooded towels and washers
- Nappies
- Wipes
- Nappy barrier cream
- Wipes canister
- Baby body oil and moisturiser

GOING OUT/CAR

- Rear facing Carseat or capsule
- Pram suitable for newborn
- Nappy Bag/backpack
- Baby carrier / wrap / ring sling
- Car seat mirror
- Car window shade
- Change mat
- Swaddle or blanket for in pram

Newborn Essentials

ESSENTIALS

- BONDS wondersuits or zip onesies
- Dummy - 2 different shape
- Docketot - baby nest/lounger
- Love to Dream arms up swaddle
- Wrap or ring sling carrier for newborn
- Swaddles -stretchy jersey or muslin
- Swing or bouncer
- Beanie
- Long sleeve rompers - soft cotton
- Booties, mittens and socks
- Singlets - romper style
- Cloth terry towelling nappies - used for everything from burp cloths, changing and cleaning up spills.

FEEDING

- Breast pump if breastfeeding
- HAAKA milk catcher silicone pump
- Burp cloths
- Bibs
- Bottles and newborn teats
- Sterilzer - microwave
- Breast milk storage bags
- Bottle brush
- Bottle drying rack
- Hot/cold compress for breasts
- Large water bottle for mum when feeding
- Lactation cookies
- Formula if bottle or mix feeding
- Feeding pillow

BABY CARE

- Baby Panadol (from 1 month)
- Colic mixture
- Thermometer
- Baby nail clippers
- First aid kit
- Gentle laundry detergent for baby items

For Mum

ESSENTIALS

- Pre cook and freeze nourishing meals
- Comfy lounge wear with breastfeeding access
- Maternity singlets
- Maternity bras
- Maternity pads and or period undies
- Breast pads
- HAAKA milk catcher/silicone pump
- Nipple balm
- Pjs with buttons
- Some breastfeeding friendly outfit options
- Pjs with buttons
- Drink bottle for next to bed/chair when feeding
- Oil or moisturiser for body / belly
- SRC Recovery shorts / bellyband for recovery
- High waisted comfy cotton underwear for csection recovery

OTHER THINGS TO LIGHTEN THE LOAD

- Stock up on nourishing snacks
- Bone broth to aid recovery and health
- Multivitamin blend - mothers blend
- Collagen supplement to aid in recovery
- Book in for Women's Health Physio assessment 6 weeks post birth
- Book in for a lactation consulatnt
- Activity packs/box for other kids to keep them entertained
- Order pre cooked meals
- Stock up on household essentials
- Organise a cleaner, friend or family member to come clean once a week for a few weeks
- Book in any mental health sessions if applicable
- Read book "The First Forty Days"