

# baby checklist

everything you might need  
for you and your baby





With over 50 years experience Mothercare understands what it means to be a parent and we know you want to give your little ones the best possible start in life.

We pride ourselves on our customer service, making our stores parent and child-friendly environments, with a team of advisers who can offer knowledgeable unbiased help and advice.

With this in mind we have created this handy checklist for everything you might need during your pregnancy and for your baby's first few months. Ask in store if you need more help and advice on the best products for you.

my notes





need  
purchased  
gift idea

item

my notes

**mum to be**

recommended

- 2-3 x maternity support bras
- 2 x sleeping bras (use before and after the birth)
- 3 x nursing bras (use after birth)
- maternity trousers / jeans
- nightwear
- maternity underwear
- pregnancy pillow
- maternity and nursing top
- maternity dress
- maternity swimsuit

nice to have

- pregnancy support (belt)
- 'it's your body' stretch mark cream
- 'it's your body' perineal gel
- pregnancy book
- keep sake journal
- baby development book

**hospital checklist (for a 1 or 2 day stay in hospital)**

recommended

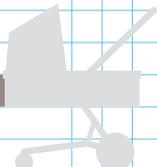
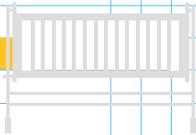
- hospital bag
- nursing nightwear x 2
- dressing gown
- slippers
- comfortable cotton briefs x 2
- disposable briefs x 1 pk (5)
- maternity towels x 48
- nursing bras
- comfortable fit, extra absorbent breast pads x 1 pk (50)
- toiletries / lip balm / hairbrush
- toothbrush / toothpaste
- towel & face cloth
- newborn gentle wipes
- cotton wool
- nappies - approx 8-10 per day
- 2 x baby bodysuits
- 2 x baby sleepsuits
- 1 x baby blanket
- infant car seat (essential for first journey home)

don't forget nice to have

- mum - comfortable clothes for going home
- massage oil
- support pillow
- TENS machine
- birthing plan and notes



need  
purchased  
gift idea

	item	my notes	
	coins/money for car park		
	mobile phone & charger		
	drinks and snacks		
	ipod / music		
	camera / camcorder		
	<b>baby clothes (for first 2-3 months)</b>		
recommended	6-8 x sleepsuits		
	4 x wrap-over vests		
	6-8 x bodysuits		
	sun hat		
	2 x soft cotton hats		
	2 x cardigans		
	2-3 x socks (pairs)		
	2 x scratch mitts (pairs)		
nice to have	jacket / pramsuit		
	3-4 x daywear outfits		
	shawl		
	<b>out and about</b>		
recommended	pram / pushchair (suitable from birth)		
	weathershield		
	parasol		
	infant car seat		
	car seat base		
	child view mirror		
	changing bag		
nice to have	cosytoe		
	baby sling or carrier		
	travel cot and mattress		
	sun blinds		
	<b>sleep time</b>		
recommended	moses basket & stand or crib		
	cot or cot bed		
	mattresses*		
	waterproof mattress cover*		
	4 x fitted mattress sheets*		
	4 x flat sheets*		
	2-3 x blankets* (including cotton cellular blankets)		
	<b>*different size needed for crib, cot or cot bed</b>		
	changing unit or cot top changer		
	baby listening monitor		
room thermometer			
nappy pail and lid or nappy disposal system			

need  
purchased  
gift idea

item

my notes

nice to have

- wardrobe
- chest of drawers
- cot mobile
- swaddling blanket
- 2 x sleeping bags
- blackout blind
- nightlight
- nursing chair

feeding time

recommended

- breastfeeding**
- 3 x nursing bras
- 2 x sleep bras
- easy opening nightwear
- breast pads – disposable or reusable
- 20 x muslin squares

may need

- may be useful**
- breastfeeding support pillow
- nursing tops
- breast pump
- breast milk storage bags
- bottles / steriliser
- soothers / dummies
- lanolin nipple cream / shields / shells

recommended

- bottle feeding**
- 6-12 x bibs
- 4 x bottles
- 4 x teats
- 20 x muslin squares
- steriliser (steam, cold water or microwave)
- formula milk
- bottle brush
- soothers / dummies

nice to have

- milk powder storage container
- steriliser bottle
- bottle warmer
- bottle storage bag

recommended

- weaning (around 6 months)**
- highchair
- larger bibs
- bowls
- spoons
- beakers

need  
purchased  
gift idea

	item	my notes	
nice to have	soothing teethers x 3 for first teeth		
	storage pots		
	splash mat		
	bumbo baby seat		
	food blender		
	weaning guide / book		
<b>bath and change time</b>			
recommended	disposable or reusable nappies		
	nappy sacks and wipes		
	changing mat		
	top 'n' tail bowl		
	baby sponge & face cloth/s		
	non-slip bath mat		
	baby towels		
	cuddle 'n' dry robes		
	baby toothbrush and toothpaste		
	baby nail scissors		
	baby hairbrush and comb		
	baby bath		
	bath thermometer		
	nappy cream		
nice to have	bath support		
	bath toys		
	baby toiletries		
	aqua pod 6 months +		
<b>time to play (from birth to around 6 months +)</b>			
recommended	baby activity gym		
	play mat for tummy time play		
	lightweight rattles		
	soft teddies and toys		
	baby books with mirror and textures		
	bouncing cradle or baby swing		
	rattle and teething toy		
	bath toys		
	pram or pushchair toys		
	light and musical toys		
<b>home safety</b>			
recommended	smoke detectors		
	carbon monoxide detector		
	window catch		
	safety gate/s		

item	my notes	need purchased gift idea		
		need	purchased	gift idea
socket covers				
cupboard catches				
harness and reins				
non slip bath mat				
fire guard				
first aid kit and book				
medical thermometer				
book – common baby illnesses				
humidifier				
corner cushion protectors				
play pen				

nice to have

three easy ways to shop



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