



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.

three easy ways to shop



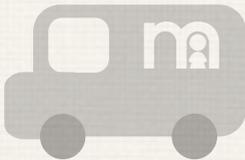
200+ stores
nationwide



online at **mothercare.com**,
it's our biggest store with
1000s more products and
advice open 24/7



by phone to one of our
customer care team,
7 days a week on
0844 875 5111**



we promise to deliver where & when you choose

order by 4pm* today for next day delivery to home
or office or choose free delivery to collect from any
of our Mothercare stores

*exclusions apply ask a customer service advisor for full terms and conditions

**phone lines are open 8am to 8pm Monday to Saturday, 9am to 5pm Sunday. Bank Holiday times may vary.

mum to be



need
purchased
gift idea

recommended

- item
- 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 tops
- maternity dress
- maternity swimsuit
- pregnancy support (belt)
- stretch mark cream
- pregnancy book
- keep sake journal
- baby development book

nice to have

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
- maternity towels x 48
- nursing bras
- breast pads x 40
- toiletries/hairbrush
- toothbrush/toothpaste
- towel & face cloth
- newborn gentle wipes
- cotton wool
- nappies - approx 10
- 2 x baby bodysuits
- 2 x baby sleepsuits
- 1 x baby blanket
- infant car seat (essential for first journey home)
- mum - comfortable clothes for going home

don't forget nice to have

- massage oil
- support pillow
- TENS machine
- birthing plan and notes
- coins/money for car park

need
purchased
gift idea

item

my notes

mobile phone & charger

drinks and snacks

ipod/music

camera/camcorder

baby clothes (for first 2-3 months)



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)

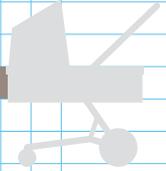
nice to have

jacket/pramsuit

3-4 x daywear outfits

shawl

out and about



recommended

pram / pushchair (suitable from birth)

weathershield

parasol

infant car seat

child view mirror

changing bag

cosytoe

nice to have

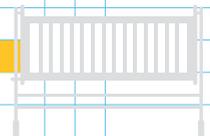
isofix car seat base

baby sling or carrier

travel cot and mattress

sun blinds

sleep time



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)

***different size needed for crib, cot or cot bed**

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

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

breastfeeding

may need

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

may be useful...

recommended

- 6-12 x bibs
- 4 x bottles
- 4 x teats
- 20 x muslin squares
- steriliser (steam, cold water or microwave)

bottle feeding

nice to have

- formula milk
- bottle brush
- soothers/dummies
- milk powder storage container
- steriliser bottle
- bottle warmer
- bottle storage bag

recommended

- highchair
- larger bibs
- bowls
- spoons
- beakers
- soothing teethers x 3 for first teeth

weaning (around 6 months)



need
purchased
gift idea

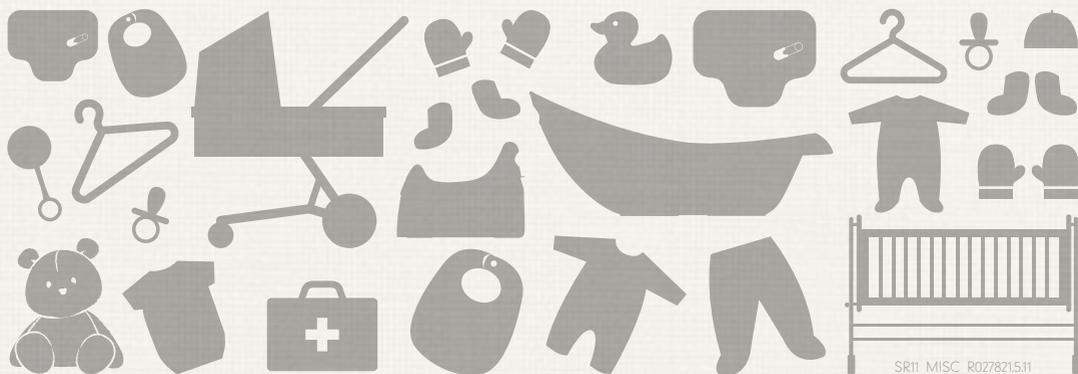
	item	my notes
nice to have	storage pots	
	splash mat	
	bumbo baby seat	
	food blender	
	weaning guide / book	
bath and change time		
recommended	disposable or reusable nappies	
	nappy sacks and wipes	
	changing mat	
	top 'n' tail bowl	
	baby sponge & face cloth/s	
	non-slip bath mat	
	baby towels	
	cuddle 'n' dry robes	
	baby toothbrush and toothpaste	
	baby nail scissors	
	baby hairbrush and comb	
	baby bath	
nice to have	bath thermometer	
	nappy cream	
	bath support	
	bath toys	
	baby toiletries	
	aqua pod 6 months +	
	time to play (from birth to around 6 months+)	
	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	
home safety		
recommended	smoke detectors	
	carbon monoxide detector	
	window catch	
	safety gate/s	
	socket covers	



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