

Welcome to the proudly realistic and helpful baby checklist

All a new baby really needs in its first few weeks of life is a lot of love, regular feeding, sleeping and to be held in parents arms. These are the most important development needs for a new baby.

All baby products that you choose should support this premise.

This checklist can be downloaded anytime from our website at www.natureschild.com.au

The Mother to be Checklist

One of the leading causes of postpartum depression is the feeling that you aren't taken care of or feeling unprepared or disorganised. This checklist is essential in our view.

- **Breast Pads:** 6 night-time, 6 daytime if using cloth. Use organic cotton or Merino Wool for softness and absorbency. Have 2 pkts ready to start with if using disposables
- **Maternity Pads:** 3 packets if using disposables. 12 singles if using cloth.
- **Sleeping Bra:** 1 night-time bra.
- **Nursing Bra:** 2 daytime bra's.
- **Breast feeding tops:** 5 that you really love to wear and feel good in.
- **Breast feeding pillow:** This is essential, not optional in my view. A breastfeeding pillow is a lot cheaper than a chiropractor appointment if you develop back strain from the wrong feeding position. Take care of your back always as a mum.
- **Nipple Cream:** Optional but handy if you have sore or cracked nipples.
- **Big Undies:** New, comfy wide undies for the first few weeks after birth. Even if you have never worn them before, you will love them during this period.
- **Natural Rubber Soother:** In case your nipples need a break, a soother for baby to suck can help. If you wish to avoid soothers altogether, your pinkie finger is sufficient in most cases.
- **Water Bottle:** A really nice one that is easy to drink from with one hand, constantly full of water. A new mum is thirsty all day from breastfeeding.
- **Drinks:** Have some yummy herbal teas, especially nursing teas that help encourage healthy milk flow. Fresh juices and Green Smoothies are ideal mother drinks to keep nutrition at optimum levels.
- **Healthy Snacks:** Soup, fruit salad, almonds, blueberries. Have a range of high antioxidant food and protein snacks on hand to keep your blood sugar even. Breastfeeding is hungry work and if there is good food around, you will look after yourself. If friends ask what can I do? Ask for a nice soup or fruit salad to be brought over. Having protein or muesli bars on hand is a great idea.

- **Baby Carrier:** This has to be the most useful mother and father shared item. Easy for mobility and breastfeeding both at home and out. You can have 2 or 3 styles. Wrap, Side Sling or front and back carrier styles available.

The New Dad/New Partner Checklist

- Create folder with birth plan and medical information for childbirth. See our ultimate hospital/birth centre checklist for details.
- Read Cheers to Childbirth. The most fun, intelligent and practical book for dads that I have seen yet. Highly recommended.
- Book Pre-natal classes and seek out new dad support groups in your area
- Pre-prepare meals and freeze for after birth
- Nappy Research.
- Purchase or hire car seat and install in car
- Put all friends and relatives numbers in your mobile phone so you can notify everyone easily.
- Purchase or borrow parenting books, tapes, or videos to learn as much as you can about birth and life after baby
- Set up a savings account or life insurance policy for your future family.
- Assist the new mother in locating and securing childcare if she is returning to work.

Cloth Nappy Checklist

This can seem like a long list so we have divided the cloth nappy checklist into 3 sections. Nappies & Accessories, Laundry, Out & About.

Nappies & Accessories

- Towelling Square Nappies.
Full time = 24 nappies
Part time = 12nappies
- Modern Cloth Nappies.
Full time = 24 to wash every second day.
16 to wash everyday.
- Dri Liners. Good for older babies to help keep bottoms dry.
- Nappy Liners. 200 should last a month or more depending on how often you use them. Awesome for making washing easy!
- Snappi. 2 for newborn. Purchase more as you need them.

- Nappy Covers. 8 minimum at any age.
- Organic Cotton Baby Wipes. Cloth x 24 or Disposable - as you need them.
- Organic Cotton face Wipes. Cloth x 6 or Disposable - as you need them.
- 1 pkt of Organic Cotton Wool is a healthy disposable alternative.
- Nature's Child Certified Organic Bottom Balm.
- Organic Baby Powder (optional)
- Nappy change mat and organic cotton nappy change mat cover.

Laundry

- Tri Nature Pre wash nappy soaker
- Tri Nature Laundry Detergent. Powder or Liquid.
- Nappy Pail. 1 or 2 depending on how often you wash.
- Optional: Little Squirt Nappy Cleaner. Loved by those who use it and less expensive than purchasing nappy liners every month.

I recommend you create a small clothesline indoors in your laundry for small items like nappy covers that you may wish to hand wash on the spot for small marks, allowing you to reuse nappy covers the same day. I used string and pegs above my machine and found that sufficient as I had a lovely breeze blowing in the window to dry them quickly. You could purchase a small line or round hanger if you prefer to save space.

If you are avoiding commercial detergents completely and wish to make your own solutions. You will need:

- Unscented laundry soap
- Tea tree/Lavender essential oil
- Vinegar
- Baking soda

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Organic Baby Store SINCE 2000



Out & About

- 1 x Comfortable Nappy Bag with compartments for storing things easily in.
- 1-2 wet bags for storing nappies in while out.
- Biodegradable Plastic Nappy Bags
- Certified Organic Bottom Balm
- Ziplock bag or travel container for baby wipes
- Pure Wipes or Organic Cotton Wool Balls to use as preservative free disposable wipes.
- Spare nappies
- Spare change of clothes in case of accidents.

Disposable Nappy Checklist

We recommend Eco-disposable nappies which have less chemical gels in them and do not use bleach at all in the manufacturing process. Newborn babies will use up to 10 nappies a day. You can reduce this amount by using a nappy liner. Newborn babies do many small, tiny poo's throughout the day and a new parent will change baby's nappy each time. By using a nappy liner, you can simply remove the liner and use the same nappy if it is not wet. Nappy Liners have the added bonus of not stinking out your bins!

- Disposable Nappies x 2 packets
- Nappy Liners. 1 roll
- Nappy Covers x 1
- Organic Cotton Baby Wipes. Cloth = 24 Disposable. As you need them.
- Organic Cotton face Wipes. Cloth = 6. Disposable. As needed.
- Organic Cotton Disposable Wool Balls or **Pure Wipes** to use as baby wipes.
- Nature's Child Certified Organic Bottom Balm.
- Organic Baby Powder (optional)
- Nappy change mat and organic cotton nappy mat cover.
- A good change table at appropriate back height to look after your health.
- Nappy Pail x 1. This is useful for storing dirty nappies separate to your other rubbish until you remove them to the bin once a day. We recommend avoiding specialised nappy disposable systems as they create more rubbish. Please read our article Responsible Use of disposable nappies if you would like to know more about using disposable nappies in an eco-friendly way.

Nappy Free Checklist or Elimination Communication (EC)

- Nappy Free DVD
- Book - Diaper Free: the gentle wisdom of natural infant hygiene or other really good book on the subject of Elimination Communication.
- 10-15 Cloth nappies/diapers depending on how often you want to wash
- 1-2 small nappy covers or one size fits all nappy cover to see you all the way through
- 8 x Organic Cotton Washcloths
- Baby potty with high back and high front for easy resting
- Lupi Lui Toilet seat is great for EC if you want your baby to use a toilet straight away
- 1 Snappy for holding on nappy sarong
- EC Pants
- Leg Warmers
- Nappy Pail

Newborn Clothing Checklist

I would suggest this is the minimum you need for a new baby. Parents, friends and relatives will give you lots of cute outfits so you only need to focus on the practical items.

- 2 newborn baby hats (cotton or merino wool)
- 6 - 8 Long Sleeve Baby grows or Kimono all in ones. 3 x size 000 3 x size 0000. Long sleeve are necessary even in warm weather as nights can be cool. Short sleeve for daytime in warm weather.
- 6 baby singlets
- 2 mittens
- 2 booties
- 6 baby socks
- 1 cardigan or jacket
- 2 newborn bibs
- 1 sleeping bag
- 1 hooded baby towel
- 8 organic cotton or merino wool baby wraps
- 1 pure silk baby wrap or pure organic cotton baby wrap or merino wool baby wrap for welcoming your baby soon after birth.
- 1 x treasured receiving blanket.
- 6-8 baby wash cloths
- The going home outfit! Choose a beautiful organic cotton baby grow, hat and blanket for going home from the hospital day, it's a special occasion.

Skincare Checklist

Very, Very little is needed for a newborn baby. It should be months before you require a skincare and bathing routine.

- 1 nail clippers, their nails grow so quickly and they can scratch themselves. If you don't like this, use mittens to protect their face.
- 1 baby hair brush in case they have hair. The Nature Baby Newborn Hairbrush is divine.
- Certified Organic Wonder Balm for any cradle cap or skin dryness
- Certified Organic Bottom Balm for nappy rash and most skin rashes.
- 1 x organic baby soap. I recommend waiting as many months as possible for using soap. Soap is needed occasionally after some sticky, dirty nappies but avoid soap with babies for up to 6 months is possible. Water is pure and sufficient to keep them fresh. There is no dirt realistically to clean until they can crawl about and start eating.
- 1 x Massage oil.

Optional Extras

- **Pram or Stroller** Ensure it is suitable for a newborn, or has a newborn attachment, otherwise wait and purchase as many prams go from 3 - 6 month onwards.
- **Cot** The Leander Bed converts from a cot to a bed, from birth to 5yrs.
- **Breast Pump** Choose Electric if using more than twice a day. A Hand pump is sufficient for occasional expressing.
- **A Baby Gym** From 3 months onwards - add your own toys and change toys around keeping baby happy.
- **Baby Bouncer** Baby rocks baby happily while you are eating or doing domestic chores.
- **Baby Hammock** Essential for anyone with a colic baby. They are a huge help in settling the very unsettled baby.
- **Baby Massage Oil** To settle a baby before bedtime, to help nervous system and bonding.
- **Baby Swing** This is my favourite birthday present for a one year old. Expect lots of giggles.

Equipment Hire

If you want to reduce your expenses before birth, you can hire items such as prams, baby capsules, bassinet and breast pumps for up to six months. The big advantage of this is the try before you buy approach. Friends are also a great resource for trying out products before you go baby shopping for yourselves. Hiring for baby is also great if you're going on holiday in the months to come and want to avoid the hassle of travelling with the entire contents of your baby's room.

