

Shopping list

For when that nesting urge strikes

There are so many baby products on the market, it can be hard to know where to start. So, our team of specialists and HPHB parents have put together some lists to help you.

Black items are considered essential, grey items are optional extras.

Clothing

- VESTS x8**
Long or short sleeved depending on time of year

- SLEEPSUITS x8**
Avoid ones with complicated fasteners, zipped ones are great for night time

- HATS x2**

- CARDIGAN OR SNOWSUIT**
Depending on time of year, something warm for when taking baby outside

- SCRATCH MITS**
Babies have sharp nails and may scratch themselves, many sleepsuits have these built in

- SOCKS**
Many newborn clothes/sleepsuits have these built in

- OUTFITS**
Don't remove labels until wearing them, babies grow fast and you may get lots of gifts so you may want to return some

Sleeping

- MOSES BASKET/BEDSIDE CRIB**
Babies like to feel secure so may be happier in a smaller crib to start

- SLEEPING BAG**

- CELLULAR BLANKET**

- CRIB SHEETS**

- SWADDLING BLANKET**

- MONITOR**
Some include a room thermometer and a breathing monitor

- COT**
You may want to wait until your baby is older to buy this

- WHITE NOISE MACHINE**
Some babies find it easier to settle with white noise

Medical

- THERMOMETER**

- BABY PARACETAMOL**
e.g. Calpol - you will be advised to give this after some vaccines

- SALINE NOSE DROPS**

- SNOT SUCKER**

Feeding

- MUSLINS**

- STERILISING DEVICE**
Steam, cold-water or UV

- MILTON WIPES**
For cleaning surfaces, toys, dummies

- BREAST PUMP**

- BOTTLES WITH NEWBORN (SLOW) TEATS**
If you plan to bottle feed or express

- DUMMIES**
Newborn size

- FORMULA**
Pre-prepared or powder, if formula feeding

- NURSING PILLOW**

Travelling

- PRAM**

- CAR SEAT AND BASE**

- SUN BLIND**

- SLING**
Why not checkout your local sling library?

Practical

- BABY WASHING POWDER/FABRIC SOFTENER**

- STAIN REMOVER**

- PORTABLE CHANGING MAT**

- ANTI-BACTERIAL SOAP**

- HAND SANITISER**

- BUCKET**
Handy for soaking soiled clothing

- CHANGING BAG**

- CHANGING TABLE**
Never leave baby unattended

Playtime

- BOUNCER**

- MAT**

- TOYS**
Babies see best in black and white in the early days

Washing

- NAPPIES**
Come in different sizes according to baby's weight, most newborns fit size 0 (2-5kg)

- NAPPY BIN OR SACKS**
Check price of nappy bin refills, as they can be pricey

- CHANGING MAT +/- INCO PADS**
Tiny babies often dislike the cold changing mat, so line with towel or inco pad

- COTTON WOOL SQUARES**
For washing / nappy changes

- BABY TOWEL**

- BABY BATH OR BATH SEAT**
Alternatively the kitchen sink will do

- SIMPLE BABY MOISTURISER**
Choose unfragranced / water based

- WIPES**
Go for something unfragranced and water based

- NAPPY CREAM**
Not routinely needed, use a barrier cream/ seek medical advice if baby starts to develop a rash

- NAIL SCISSORS**
Alternatively bite baby's nails or use a file

Self-care

- BIG PANTS**
High waisted in case you have Caesarean/ abdominal birth, dark colour

- MATERNITY PADS OR TENA PANTS**
8 per day in the early days

- PAINKILLERS**

- STOOL SOFTENER**
If you are constipated

If breastfeeding

- BREASTFEEDING BRA**

- BREAST PADS**
Disposable or washable varieties available

- BREASTFEEDING CLOTHING**
Or you can wear a vest top under your normal clothes

- BREASTFEEDING SCARF**
If you want privacy

- BREAST COMPRESSES**

- WARM/COLD PADS**



Shopping for your baby?

If you're looking for stress-free shopping, our team of **Happy Parents Happy Baby** experts and parents have put together an Amazon list where you can find recommendations for all the products on these lists. Point your phone camera at this QR code to link to the page or visit our website.

happyparentshappybaby.com/resources