



# Leaving the house

Aka 'Life Olympics'

But we've got this covered. Just grab your HPHB tote bag and this handy list of items.

## For baby

- NAPPIES
- NAPPY SACKS
- WIPES OR COTTON WOOL
- CHANGING MAT
- HAND SANITISER
- NAPPY RASH CREAM
- SPARE OUTFIT - and a Ziploc bag to put dirty items in
- BLANKET
- MUSLINS
- DUMMIES IF USING
- STERILISING WIPES
- SUNSCREEN & HAT - in summer

## IF BOTTLE FEEDING

- STERILISED BOTTLES
- FORMULA

## IF BREAST FEEDING/EXPRESSING

- BREAST PADS
- NURSING COVER
- BREAST PUMP & BOTTLES

## FOR OLDER BABIES AND TODDLERS

- TOYS
- SNACKS
- SIPPY CUP OF WATER
- SNACKS
- BIB
- FIRST AID ITEMS  
eg baby paracetamol, teething gel, plasters

## For parents

- WALLET
- PHONE
- KEYS
- MATERNITY PADS - if needed
- SPARE TOP
- PAINKILLERS

## Top tips for the early days



### Start simple

Go for short trips, close to home until you feel more confident being out and about



### Prepare your baby

Your trip may be more successful if your baby has had a good feed and a nappy change before you leave the house



### Plan ahead

Go somewhere with baby changing and feeding facilities



### Travel

Avoid buses and trains in rush hour. Find routes with step free access if you are travelling with a pram. Buses will not lower the ramp for buggies and usually only allow two buggies on at a time. You may be asked to get off the bus with your buggy in order to make way for wheelchair users.

## 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](https://happyparentshappybaby.com/resources)

**Social antenatal classes  
with seven different specialists**

[happyparentshappybaby.com](https://happyparentshappybaby.com)

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