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A whole world of childcare



New Baby Shopping List



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Nursery Equipment

When choosing nursery equipment think about the layout of the room, how much space you will have and whether you can double up how things are used, e.g. a chest of drawers as a changing station.

Moses basket	This isn't entirely necessary; it depends on whether you are going to get a cot that can go alongside your own bed/put baby straight into cot. It also depends on space.
Cot or cot bed	Depending on space I advise a cot bed although they are more expensive it can be used until a child is 4 years old or so and therefore a good investment.
Mattresses	It is advisable to buy these new even if you have borrowed or been given the cot/moses basket itself. Ones with zip tops that you can take off and wash are very useful.
Mattress protectors	Useful for when they are older and potty training.
Baby monitor	Does depend on the size of your house as to whether you want to get a monitor straight away or if at all. I do find that it does give some parents peace of mind. Others haven't used them as the baby's in with them at night and when sleeping during the day in the room above their heads so can hear everything through the walls.
Room thermometer	
Night light	One that dims, plugs into a socket or a low watt bulb.
Changing mat	
Changing station/ Chest of Drawers	Think about storage space within the station, will it hold clothes as well as nappies. Can a Chest of drawers have a changing mat put on top etc.
Wardrobe	Think of how long you are going to be using it for, whether you want to buy another one for when they are into bigger, longer dresses (if a girl) etc.
Feeding chair	If you are intending to feed in the nursery then a suitable, comfortable chair is a must. This does depend on space.

Bedding

My rule of thumb when it comes to bedding is: 1 in the wash, 1 on the bed and 1 spare.

3 fitted Moses sheets 3 cellular blankets / pram size	Ideal when out and about with a pram/pushchair as well as in the first few months.
3 fitted cot/cotbed sheets 3 cellular blankets / cot size 3 draw sheets	Very useful for night or during the day. The cotton draw sheets you can place under the head of the baby in the cot, fitted in case they are sick or dribble. Saves on changing the fitted sheets every time.
3 flat sheets Moses pram size	Ideal for swaddling when very young.
3 flat sheets cot size	Only needed if you aren't going to use sleeping bags, although having 1 as a reserve is always useful.
Sleeping bags	These are really useful when you have a baby who wriggles a lot and kicks sheets off. I would advise using from the age of 3 months onwards, although I haven't specified a number I would suggest a couple in each size, 1 being used and 1 spare. Check the Tog value: you need a lighter weight in hot weather.

Child Safety

Smoke alarm	This is important in a house anyway but especially when you have children.
The following items aren't essential straight away but would be useful when baby starts to get mobile	
Stair gate	
Fire guards	If you have an open fire.
Plug socket covers / Childproof locks	



Baby Feeding

Highchair	This is used when a baby can sit unaided; make sure it has a harness and adequate padding for a young baby.
Bowls & plates Cutlery Cups & beakers	
Bibs	Lots of them, make sure they're large. If you can get them, plastic backed. When older, pelican bibs are a must as are the type that has sleeves, especially when they are learning to feed themselves.
Food blender	Useful to puree food when you are at the stage of weaning. But not a necessity for the first 6 months.

Bottle Feeding

Bottles	I would recommend that you get about 3 small ones and 6 large ones.
Teats	Age appropriate.
Bottle & teat brush steriliser	There are 3 types available: electric, microwave and cold water. Which one you get is totally up to you. Bear in mind that the microwave ones do depend on the size of your microwave (also they do get very hot).
Bottle warmer	This isn't essential as a jug and boiled water are just as easy to place a bottle in.
Infant formula baby milk	
3 Sectioned Tupperware container for formula	Very useful when out and about. You can measure out your formula into the Tupperware container and then just add it to the water in the bottle when you need it.



Breast Feeding

Nursing bras	Make sure they are good fitting ones - also get a night nursing bra.
Breast pads	Not always needed, but get disposable to start as you need to change them on a regular basis if you are prone to leak.
Breast shells	Not necessary to get straight away but if you find you leak when feeding then they're useful for collecting the milk rather than having a soggy breast pad.
Breast pump (Hand held or electronic)	Not essential to buy before your baby is born as I would suggest you see if you have any friends who have one you can try. There are so many models to buy/rent not all of them will suit everyone.
Breast milk storage kits/bottles	If you're going to express milk these are essential for freezing or storing in the fridge.
Nursing pillow	Not essential as I find a normal, firm pillow can be used just as well.

Baby Clothes

I've tried to give some idea of quantity that you can get by with at the beginning. Don't go mad buying things before your baby is born as until they are you don't have a definite size. Also, people can be generous and you may find friends offer you items they no longer require. I'd always recommend looking through these if offered - babies grow very quickly.

8 vests or bodysuits
12 babygros that can be worn day or night
2 cardigans
2 hat & mittens
3 scratch mittens
2 shawls/light weight blankets
1 coat
/ all in one outdoor suit
3 pairs of socks



Muslins

Lots and lots of them. I find them extremely useful as winding cloths, under a babies head when sleeping to save having to change sheets if they spit up, on changing mats just in case of those little unexpected surprises, etc

Baby Changing

Re-useable nappies Disposable nappies

There are many on the market. Finding the right one to use with your baby is tough, so get advice from friends if you have any that went down this avenue. Also check out your local council, some offer incentives to use them.

Bucket with lid / washing up bowl

This for soaking the soiled reusable nappies in, but if you are going down the disposable line, a spare washing up bowl is a good idea for soak soiled vests/clothes in. You will also need a soaking solution such as Napisan.

Nappy wipes

I don't tend to use these in the first few months unless they have a particularly bad nappy. I always use plain water and cotton wool after.

Baby lotion

I use this after I've cleaned a dirty bottom, I find it gets rid of any residue that can't be seen.

Cotton wool

You can never have too much, I would recommend using cotton wool with water on a baby's bottom until they are at least a month old as their skin is very sensitive when first born.

Nappy disposal sacks Nappy barrier & nappy rash creams Terry Nappies



Out and About

Pram/Pushchair	This is a totally personal choice, there are many to choose from. I would recommend that your partner goes with you as they will be using it as well therefore it needs to be the right height for him to push too. Also you need to take into consideration the space in your car's boot, house and anywhere else you may be keeping it. You'll also need to get a rain cover & sunshade/umbrella.
Car seat	Again many to choose from, make sure that it fits in your car correctly, you may want to get a head support for a newborn.
Rear facing mirror Sunshade in car	Although they aren't a necessity I find them extremely useful as it allows you to see your baby in the first stage rear facing car seat when on the back seat.
Front baby carrier or sling	Some babies love these, some hate them, I find them useful if I have a baby who enjoys being at my level, it also allows me to get jobs done.
Travel cot	
A changing bag	This can be a normal bag as long as you can fit in all you require, e.g. spare clothes, nappies, wipes, bottles.

Bath Time

Baby bath	<p>This isn't entirely needed as you can bath your baby in a large plastic kitchen bowl, if size allows. Babies can be bathed straight away in a normal bath, but please consider your back and also whether you have had any wounds.</p> <p>There are some very useful bath seats for babies on the market, which sits in the bath and leaves your hands free to wash your baby.</p>
Bath mat	Useful when older and trickier to hold, it gives you a nonslip area to rest your arm on, plus when they can sit unaided it stops them from slipping.
Baby towels	You don't need to get specific baby towels, hand towels can be used when small.
Small Tupperware to use as top and tail bowls	Make sure you mark which one is face and which is bottom. Or you can buy the double bowls.
Flannels & sponge	Although babies when first born don't need to be washed/bathed very often you may find it useful to have a flannel or sponge to wash their body with. I tend to use my hand as I can get into all the nooks and folds.
Nail scissors & clippers	Specific to babies' soft fingernails.

Hair brush & comb	Not really required but some parents like the idea that they're needed.
Baby shampoo	Again not needed until they are older as plain water is enough to get their hair clean. Or later you can use Aqueous cream as an all over wash.
Skincare toiletries	I tend to use plain water for a long time; a baby's skin is so soft and delicate that putting anything in the bath, to me, is criminal. However if your baby should develop dry skin then, a little baby oil or a very gentle moisturising wash in the water may prove useful. Be warned any product in the water may turn your baby into a wriggling slippery mass so make sure you keep a tight hold on them.

Other Equipment

Baby play mat	Lots on the market. When the baby is older these are good for lying the baby down.
Baby recliner	Can be useful to put the baby in whilst you get on with something nearby.

This guide was produced in association with [Sam Jones](#), an experienced Maternity Nurse.
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All information and advice contained in this resource are meant as guidance only