

## Where to shop:

Facebook Marketplace
Baby Bunting
Baby Direct
Mocka
The Memo (some products can be overkill so don't get sucked in)
Ikea
Baby Mode
Hire For Baby
Best & Less
Pure Baby
Target

## Product checklist:

Product Type	Purchase Pre-Birth	Wait and See if needed/optional	Purchase New	Purchase Second Hand/Borrow	Hire
<b>Products For Mum</b>					
Nipple Shields (Silverettes, Hydrogel) (if planning to BF)	✓		✓		
Breast Ice Packs (Ice Ice booby, Bare Mum, Bubba Bumo) (if planning to BF)	✓		✓		
Nipple Cream (Gaia, Mustela, lansinoh)	✓		✓		
Colostrum Collectors (pharmacy syringes, Haakaa Silicone reusable tubes) <i>I found the Haakaa tubes the easiest to use and to feed baby with)</i>	✓		✓		
Maternity Bras (wait and see what size you need/breast size changes quickly) Brands: B Free, Bonds, Kmart) <i>I prefer the BFree bras, they're the most comfy. The singlet version is also</i>	✓		✓		

great for winter. The Bonds bras are good too if you want something that looks more like a regular bra, it has less coverage so more cleavage. The Skims Fits Everybody Triangle Bralette is comfy to wear overnight if your boobs are leaking. Size up because you don't want anything tight on your rock hard morning boobs! Stick some pads in for overnight leaking.					
Peri Bottle	✓		✓		
Tens Machine (optional) I found this really helpful	✓				✓
Postpartum underwear (Bubba bump disposable, Bare Mum, ModiBodi reusable) I used the Bubba Bump ones for the first 5 days and then once my bleeding settled I switched to the ModiBodi ones as they felt more comfortable and like regular underwear	✓		✓		
Pregnancy Pillow (Belly Bean, Butterfly) I just used a regular pillow, took up less room and easy to move around throughout the night.	✓			✓	
Breast Pads (opt for round shaped, reusable or disposable) (If planning to BF)	✓		✓		

Electric Breast pump Medala Double Pump, Spectra) (can hire from chemist)		✓	✓	✓	✓
Padsicles (Bare Mum, Bubba Bump) Definitely recommend these, they act as an ice pack and pad and don't need to be stored in the freezer		✓	✓		
Baby Bag (Prene, can add on clear organizers for easy accessibility, comes with travel change mat (pet hair sticks to it) Aluxo Backpack) I prefer a backpack over a tote, its easier to pack and you can go hands free	✓				
<b>Products For Baby</b>					
Nail Trimmer (Nail Snail, Haakaa)	✓		✓		
Nose cleaner (Snotty Boss)		✓	✓		
White Noise Machine (Glow Dreaming, Nodiee, Eukybear)		✓	✓		
Sleep Suits/Swaddles (Love To Dream, Pure Baby, Ergo)	✓		✓		
Sheet for cot (silk is good for preventing bald patches) I use Silk Slips from Silky Tots over the bassinet sheet. Bubs will spew on it overnight so I have a couple that I swap over every few nights. Saves me from having to wash the whole bassinet sheet.		✓	✓		

Baby Carrier (Baby Bjorn, Ergo) I'm using a wrap from Baby Dink while she's small, its less bulky than a structured carrier		✓	✓	✓	
Pram (Uppababy Vista2, Bugaboo, Reds Baby, Stokke, Edwards & Co) (consider if you'll need a double pram if you want more kids) (consider height and weight of pram) We've gone got the Uppababy Vista 2 as we're planning on having more kids. It has big storage space underneath and easy to use.	✓		✓	✓	
Baby Clothes (double zip onesies, snap singlets) (Bonds, Kmart, Target, Best & Less, Pure Baby) We're using Pure Baby while she's small as Bonds tend to run bigger.	✓		✓		
Baby Lounger (Docketot, Coocoonababy, Linen Social, Cushii)		✓		✓	
Baby Bouncer (Baby Bjorn)		✓		✓	✓
High Chair (Stokke Tripp Trapp)		✓	✓	✓	
Nappies (Huggies)	✓				
Nappy Bin (Shnuggle, Tommee Tippee)		✓			
Baby Skincare (Sudocream,		✓			

Dermaveen, Gro-to, Waleda, Curash, Gaia)					
Car Capsule that adapts to pram (install 4 weeks prior to birth) (Britax, Maxi Cosi)	✓				✓
Baby Monitor (Cubo, Eufy, Uniden Lollipop (if wifi is good ) )	✓		✓	✓	
Car Mirror (Brica (with lights for night time driving) Target)	✓				
Change Mat (Kmart, Shnuggle, Leander)	✓		✓		
Bottle Sterilizer (Kmart, Tommee Tippee, Minbie, Avent Phillips)		✓	✓	✓	
Vomit towels (Big W, Kmart terry nappies)	✓		✓		
Night Light (VAVA, Gro Egg, Kmart Star) <b>Often the white noise machine doubles as a night lamp. In my bedroom I use the Philips Wake Up Light for night feeds as its very low light and doesn't wake us up too much</b>	✓		✓	✓	
Baby medication (Vicks, Neurofen, Panadol)		✓			
Bath Thermometer		✓	✓	✓	
Hooded Bath Towels	✓		✓		
Digital Ear Thermometer (Braun, Tinyhearts)	✓		✓	✓	

Baby Wipes (Thank You, Luvme Eco, Water Wipes)	✓		✓		
Owlet Sleep Sock		✓			
Dummies		✓	✓		
Bottles (Missta, Tommee Tippee, Dr Browns)	✓	✓	✓		
Bottle Brush (Dr Browns)		✓			
Breastfeeding Pillow I just use the couch cushions or my pillow at night.		✓			
<b>Furniture</b>					
Snoo		✓		✓	
Nursing Chair (il Tutto)	✓		✓	✓	
Bassinet (Il Tutti Cozee)	✓			✓	✓
Cot (don't need straight away if using a bassinet) (if second hand, purchase a new mattress) (look for a good height and bars that your arms can fit through for soothing)	✓		✓	✓	
Change Table (some people prefer a change mat instead, less bulky)	✓		✓	✓	
<b>Other</b>					
Snap Shades for car windows These are really easy to install and work a treat	✓	✓	✓		
Gentle washing detergent	✓				

## **Products you don't need/don't buy too much of:**

Muslin Wraps (opt for sleep suits) (We have about 3 wraps on rotation)
Baby Socks/Booties (opt for in built socks on onesies)
0000 onesies (baby might be born big)
Button Onesies (annoying for changes)
Lactation cookies/hot chocolate. Wait and see what your milk supply is like (I went overboard and now don't need any of it)

Hospital Checklist: <https://www.babycenter.com.au/ims/pdf/au/hospital-checklist-AU-20200311.pdf>

First Aid Course for newborns – offered by Tiny Hearts, Red Cross, St John, Royal Childrens etc

Hypnobirthing Course – Iloura Birth (we did private in home visits but there's also group classes and online courses).