

ABOUT THIS LIST

This download may seem like five pages of overwhelming, but we have tried to go through [all the things](#) for you so you don't have to.

It can be really daunting to go into one of those big baby stores and shop - there is just so much stuff. So we've done the research and put together this list for you.


We've listed products, and then added a logo beside them so you know if our recommendation is to spend, save, borrow and if you can use the product in more ways than one.

Know that we are not affiliated in any way with any brand we have listed. Obviously, we think **a suite set**, the suite set x frank green coffee cup and water bottles are **must-haves** because we've invested in manufacturing them to make life easier for you.

Know too, that shops are always open, even after baby is born, so work out what you need most and build your shop around these items.

Don't buy anything in bulk until babe is born and you work out what works for you.

A note on safety and spend v's save: These are our personal recommendations - I urge you to use your own discretion on your spending choices here. Make your decision based on your safety considerations, please.

 **at the suite set, we are committed to take away the overwhelm so you can enjoy the amazing experience of becoming a parent..**

You'll see the following logos beside each item, this is what they mean.



essential - you need this item, no getting around it.



double duty - this item is a hard worker when you've got newborns.



spend - this is what we decided it was good to spend money on.



save - in this instance, cheap is just as good.



borrow/buy secondhand - ask for loaners, you may only need it short term, or look for a good second-hand option.

A NOTE ON

bedding.

You only need a change of bassinette or cot sheets. Don't go overboard on these, one on the cot, one in the wash/dry. You don't need doonas, special headrests, cot bumpers, pillows or pillowcases.

baby clothes.

First and foremost, baby clothes are divine to buy. There is so much gorgeousness out there, which is why all your friends love shopping for baby clothes - so don't buy anything fancy. Buy the simple, softest stuff you can find.

Babies grow so fast in their first few months that they zoom out of each size almost too quickly, keep this in mind. I would estimate four changes of clothes a day, and a few days between each washing cycle. So aim to have 12 onesies on hand. Make sure they're zipped and not buttons. Buttons are the devil's work at 2am. Have about 12 press stud singlets or undershirts on hand too.

Don't buy too many inside caps, baby only needs one or two for the first few days. After then, keep the cap off the baby inside to help baby learn to regulate their own temperature. Socks go missing no matter what the size, buy a few cheap pairs. Remember that onesies do double duty for covering feet too.

toys.

Again, like clothes baby toys are so fun to buy. This is why people give them to you as gifts. Buy something sentimental - like a comforter teddy, that babe may have in these first few years as a best mate! Babies don't need fancy toys, they need to tummy time and lay on their back, to marvel at the wonder that is trees blowing in the breeze and shadows playing on the wall. The fancy toys - let someone else gift them.

A sturdy pram - you may end up walking more steps with this than you could imagine, so do your research and get a good one with good tyres and some space to shove things underneath



baby carrier - this is the equivalent of baby hands-free. Not just for walks, but for meal prep, getting stuff done and there is nothing quite as sweet as having your babe that close to your heart.



car seat - even if you decide to get a second-hand car seat, make sure it is certified safe and you have it fitted by a professional



car seat mirror - when a seat is rear-facing, it's nice to see baby's face without having to twist around. This is for safety's sake.



cot - babe needs somewhere to sleep. Ensure your cot, even if second hand, meets all the safety requirements. visit www.sidsandkids.org for the latest on these requirements.



A moveable bassinette for baby sleep - in the early days, baby can be moved around the house as you move during the day and be close to you if you choose to have baby in your room.



terry-towelling nappies - not for use as nappies but use everywhere, as spill wipers, as makeshift rugs, as milk catchers. These are one of the most handy purchases you will make.



wraps - I would suggest planning on having four of these on hand. I used my wraps to swaddle, but also as covers for the prams (no need to buy capsule or pram covers, covering is important, but keeping airflow and letting baby see is equally as important. A light wrap is perfect for the job). A good wrap is a workhorse. I found the perfect size is 1.2 x 1.4 m not just because it allows for growth for babe, but mostly because you can use them in many ways - as a sarong when you can't get dressed and the doorbell rings, as a breastfeeding cover, as a pram shade, as an outdoor blanket.



blanket- plan on blankets being something that people gift a lot, so having three of varying weights on hand is good.



sleep swaddles/sleeping bags - this is for ease and comfort. the love-to-dream baby swaddle has been a lifesaver for almost every parent I know. it's easy and babies love them.



lamp for low light - have a lamp you can switch on and off wherever you will feed your baby at night. Make sure the globe is dim or there is a dimming feature. I know some parents swear by the push lights you can get at Bunnings, we had a tall IKEA lamp.



nightlight for hallways or living spaces - this one is for adults more than babies. we use a super cheap, low and automatic sensor light that plugs into the bathroom power socket. We have it on for added safety at night when walking down the hallway or bathroom for feeds etc



baby rocker - this does not have to be fancy, you can grab one on gumtree or secondhand as long as it is safe. Pop baby in it when you need a shower or some hands-free time. Having the Baby Bjorn bouncer was a great choice for us as it can fold up to nothing, which means less visible crap in our home.



face washers - whatever soft little squares you can get



baby nappy rash cream - this is the only baby cream you should really need at this stage. I did all my research on topical products at a website called hello charlie. You just need to google "hello charlie cheat sheets" for an excellent resource for years to come.



maternity pads this isn't the place to save money, buy good ones. I swear by the TOMS brand. Also, do not scrimp on maternity bras. I did, and it was just silly. Into this category I would add hydrogel disks and pigeon breast pads.



water bottle - I've written a whole blog about the importance of hydration for new mamas. When choosing a bottle, one-handed operation is the key as well as volume. We've made our own water bottles with frank green we think it's that important.



coffee cup - again, one-handed is the key as well as a leak-proof lid to save burns risk and heartbreak from spilled coffee. Not spilling my coffee became such a priority to us we made our own with frank green.



bottles - no matter what people say, it's good to have an emergency bottle on hand. Do your research and ask your friends what worked for them. We've used both Dr Browns and Olababy bottles with great, wind-free success.



sterilisers - You can go all fancy here, the sky is the limit. We started with a microwave steriliser and it was very handy and quite cheap - but it was more stuff to fill our place with. We then ditched our microwave and went old school. To sterilise, we boil all of our stuff in a big pasta pot.



bottle brush - bottles can get gross.



formula - to have on hand. who knows what your feeding journey will be? Formula isn't the devil and can play an important mental health role for mums as well as a nutritional role for babes.



dummies - me: my kid will never have a dummy. our paediatrician: just give him a dummy.



sound and video monitors - these usually come with a temperature monitor too, so don't get a temp egg if you've got a monitor. If you're in a small apartment, you hear and see most things and it may be an expense you can spare. There also comes an age where baby is distracted by the light. It can disturb sleep and just create early-onset cheekiness, our firstborn played to the camera - big time. We actually had two monitors at one stage as the boys were close in age. With toddlers, sometimes I just get the baby monitor out for fun's sake. It is highly entertaining!



safety and movement monitor like the breathing socks or the movement mats - These are a highly personal choice and I recommend you research these yourself. if it is going to take away anxiety about sleeping, breathing and heartbeat - do it.



nice to have, but not really necessary

rocking chair - these can be a big investment, so we just used an armchair with good sturdy arms and a pillow to rest babe on.



baby bath - babies can be bathed perfectly well in a clean sink. if you're concerned about head support you can buy a load of support solutions online, you do not need to. its a good arm workout.



bibs - you don't need a load of these at the start(and pray you don't get a vomiter), use the terry towels if you need. Bibs are better when you start solids and dribbles.



temperature egg- they're sweet but you don't need it - see monitor notes.



change table - we used a change mat on top of a chest of drawers and then on top of a bed. As long as you have your supplies at hand, you don't need a separate piece of furniture for nappy changing. I love the rattan baby baskets for changing too. Get some cheap storage options to hold your supplies if you don't use a drawer.



nappy bin - you don't need a fancy nappy bin. Contrary to popular belief, newborn poo doesn't smell bad. Buy cheap disposable (but environmentally friendly) nappy bin bags and turf them into the normal bin.



Baby clothes soak bin - use a normal bin, don't pay more than ten bucks for it. Pop your own cover on it if it's somewhere a baby can crawl into.



Pram clips - these can be handy for attaching wraps, but a good sturdy clothes peg can fashion a holder too.



books

baby love and the first six weeks

I've read a LOAD of books and these two are the ones I swear by. Baby Love is like a bible, and I go to it often. The first six weeks was a great common sense helper in the first six weeks.



What other new parents said they couldn't live without

Bluetooth earbuds to keep everything hands free

The Haakaa breast pump. Full disclosure, I never pumped so I have no idea but I had a million people tell me to pop this on.

Saving money tips - buy nappies, pads and wipes in bulk, or through a subscription service like Tooshies.

on my must have list if I have another baby:

A frances and henry nursing dress <https://www.francisandhenry.com/nursing-dress> these are the best and I would splurge on a new one.

Missta thermos - I spent hours on stressing about sterile water when we were out and about, and this would be a real stress reliever.

Period knickers - because they're an awesome safety net. There is more blood after baby than you can imagine and every bit of help, helps.

now for the put very last on your list, or just don't worry about list:

nappy bag - this is HIGHLY controversial, but if you're saving money, do not spend up big on a nappy bag. I did, and I am still trying to sell it on eBay. All those pockets just stressed me out and every single mama I know has agreed with me. Just use a big normal tote bag, and if you need to separate items, re use your suite set bag. If you are set on buying a nappy bag, lanvi kids is the one to buy.

wipe warmer - even in the depths of winter this is a waste of money

bottle warmer - it takes the same amount to warm in a bottle warmer as it does a conventional way.

soaps and shampoos - babies do not need soaps or shampoos. I asked a hairdresser and she explained that children only need to start using shampoo when they start swimming in chlorine. Even after a baby poo explosion, warm water is all you need.

scented body cream/anything smelly - babies are super sensitive to fragrance, so don't overload their senses. Also, babies smell perfect so don't mess with it.

Special baby washing powder - it doesn't have to be specially made for baby, but do make sure it is a product that is fragrance-free and made for sensitive skin.

fancy bath thermometer- again a safety choice, but it's important to learn what a good bath temp feels like to touch.

pram accessories - as long as you have some built-in pram storage - get a coffee cup that doesn't leak, do not get a cup holder or a handle caddy. Don't put anything on the pram that can skew the weight of the pram and tip the handle.

pram toys - save money here and let babe look out into the world!

nursing covers- I am a fan of the proud breastfeed, but if you prefer to cover up, you don't have to use an expensive specially made cover. Use a good-sized wrap or a scarf you already have.

specially made pram or capsule covers - again, a good size wrap is the perfect solution for this. It lets air flow through. Have a look at our blog for more info about temps. inside a covered pram.

baby blender - a masher or a stick blender does a great job.

special towel for baby - just make sure your towels are soft as can be. Before using them, wash them with bicarb and vinegar in the machine and then rinse them twice - dry in a dryer if you can.

white noise machine - not needed for babies, use your phone, download some tracks that play for hours, pop wifi off and pop it in flight mode and let it play. We've got a Spotify list you can find on our instagram and webpage for white noise and for lullabies.

happy shopping. keep an eye on our suite set journal for handy tricks, tips and hacks x

www.thesuiteset.com