

THE (ESSENTIALS ONLY)

Baby Checklist

Preparing for bub can be so overwhelming.

We see huge lists of products and often feel like we need to have it all. As a Maternal Child and Health Nurse I believe that in reality, your bub's needs are simple, and I want to encourage Mummies to keep it as simple as possible. I've put together a list of the very essential items that you might like to buy before baby arrives.

- Nappies
- Wipes
- Car seat
- Bassinet/cot
- Nappy bag
- Pram
- Baby carrier
- Breast pump
- Baby rocker

- Changing table
- Towel
- Face washers
- Mattress protector
- Fitted sheet
- Blankets
- Wraps
- Barrier cream
- Baby moisturiser

The most important thing your baby needs is your love, warmth, comfort, attention and to be fed, so remember to do what you can, and take the pressure off a little.

You've got this, Mumma!