

# from bump to baby: the essential newborn shopping guide

everything you may need  
for you and your baby



## for your pregnancy

- ☐ maternity bras & briefs
- ☐ maternity clothes
- ☐ nightwear (including sleep bras)
- ☐ pregnancy pillows
- ☐ stretch mark cream
- ☐ bump bands / support belt

## baby clothes

(newborn up to 3 months)

- ☐ going home outfit
- ☐ 6 – 8 bodysuits (long and short-sleeves)
- ☐ 6 – 8 sleepsuits with foot
- ☐ 3 - 6 jogger pants or leggings
- ☐ 2 – 3 sleep sacks or loveto dream swaddle up
- ☐ 4 pairs of mittens and booties/socks
- ☐ 2 – 3 newborn hats
- ☐ 4 – 6 swaddle or muslin blankets

## sleeptime

- ☐ moses basket
- ☐ cot or cot bed
- ☐ mattress\*
- ☐ waterproof mattress cover\*
- ☐ infant pillow
- ☐ pillow case
- ☐ blanket\*
- ☐ bedding set or fitted sheets\*
- ☐ baby nest or sleep pod
- ☐ changing table and pad
- ☐ dresser
- ☐ nursing chair or glider

\*different sizes needed for crib, cot or cotbed

## nursing and breastfeeding

- ☐ nursing bras x2-3
- ☐ breast pads (disposable or reusable)
- ☐ muslin squares x5
- ☐ breastfeeding support pillow
- ☐ nursing cover
- ☐ breast pumps
- ☐ breast milk storage bags
- ☐ bottles, steriliser and dryer (uv or steam)
- ☐ bibs
- ☐ nipple cream





## bottle feeding

- ☐ bibs x 6-12
- ☐ bottles x 4
- ☐ teats x 4
- ☐ muslin squares x 5
- ☐ steriliser and dryer (uv or steam)
- ☐ bottle brush
- ☐ soothers
- ☐ milk powder storage container
- ☐ bottle warmer












## weaning

(6 months onwards)

- ☐ highchair 
- ☐ bibs & coveralls 
- ☐ bowls 
- ☐ soft weaning spoons 
- ☐ cups / beakers 
- ☐ face cloths 
- ☐ soothing teethingers for first tooth 
- ☐ storage pots
- ☐ splash mat
- ☐ food freezer trays
- ☐ food blender 







## going out essentials

- ☐ stroller or travel system 
- ☐ stroller accessories 
- ☐ car seat & accessories 
- ☐ baby carrier 
- ☐ diaper bag 
- ☐ travel crib 
- ☐ child view mirror 
- ☐ sun blinds 
- ☐ travel cot and mattress 

## healthcare and home safety






- ☐ baby monitor
- ☐ thermometer
- ☐ nail trimmer
- ☐ nasal aspirator
- ☐ humidifier

## bath time

- ☐ bath tub/bath support 
- ☐ hooded towel 
- ☐ wash cloths or baby face towel 
- ☐ gentle baby shampoo/wash/ head to toe wash and lotion 
- ☐ hair brush and comb 
- ☐ bath toys
- ☐ cloth or disposable diapers 
- ☐ changing pad or waterproof mat 
- ☐ wipes 
- ☐ nappy cream 

**Tips!** Don't stock up on newborn disposable diaper size as your little one may outgrow them in no time.

## playtime and nice-to-haves

- ☐ bouncer 
- ☐ play gym 
- ☐ developmental toys 
- ☐ teether 
- ☐ cot mobile 
- ☐ sound and light soothers
- ☐ car seat and stroller toy



**Nursery Advisors**

available 7 days a week