

The Essential New Baby Checklist-

Everything you need and don't need for your new baby.

A Watch

Please wear a watch so you can plan and manage your baby's awake time and sleep times to encourage great uptimes that deliver great sleeps and prevent overtiredness. DO NOT rely on your mobile phone for the time and have it next to you or your baby 24 hours a day. No one knows the long-term effects of mobile phone use but the researchers are worried about the affect on brain development and cancers. Your baby deserves a healthy start to life.

Furniture/Equipment:

Bassinet if you would like baby to sleep in your room or if you already have one. Make sure you can lean into the bassinet easily to kiss, settle or place or remove the baby.

A Cot that meets Australian standards and will allow your two year old to sleep comfortably or stand in it and the mattress lowers enough for them to not fall out and land on their head. Please ensure you can stand right next to the cot and lean in to settle, kiss or change the sheets comfortably. Sometimes the cot with the draw underneath the cot prevents this. Also ENSURE THAT ONE SIDE OF THE COT LOWERS DOWN so you can lean into the cot to kiss, settle or change the sheets easily. This is all you need until baby is at least 2 years old and then they can move to a Single bed. Your child doesn't need a toddler bed or the sides removed from the cot as a toddler, this is a waste of money.

Change table with a harness so baby won't fall off for changing nappies and clothes at a sensible height to prevent back pain.

Hire a Car capsule for the first 6 months for ease of transportation and flexibility of helping baby sleep anywhere and not having to get them in and out of the car seat. If you only have a **car seat** you will be wrapping, unwrapping, getting the baby in and out of the car seat and transferring them to the stroller or inside and then back again and disturbing their sleep. This will completely throw the baby's routine and sleep out the window leading to an unsettled, cranky and overtired baby.

Baby Car seat for over 6 months to 4 years of age.

A stroller that does the following from **birth to 4 years of age**:

- Can store lots of shopping,
- Is comfortable to wheel on smooth surfaces and bumpy footpaths,
- Has a handle that is high enough for tall parents,
- The backrest lies flat for sleeping or tummy time and sits upright for awake times.

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- A very dark/black sleep cover for the stroller for sleep times that ties on so it doesn't blow off, (Baby Bunting, www.metromums.com.au or google Snooze Shade)
- A sun protection cover for when awake and a rain cover for when caught in wet weather.

A simple High chair with a harness for meals when sitting that is easy to clean and will fit a 2 year old. Not too padded or fancy, you may need to hose it clean outside.

A bouncer for when you don't want your baby on a dirty floor or when they need a change of scenery and are sick of being on their back in witching hour.

A practical comfortable and insulated play mat for all surfaces around the home inside and out for floor play and nappy free time such as the Bubba Mat from Baby Bunting or www.softmats.com.au

A small mat that folds/rolls up and fits in your baby bag for changing nappies and floor play when out of the home.

A wrap style sling if desired for your preemie baby, when it's too crowded for the stroller or you have trouble settling baby. For comfort and protection of their hips use a wrap style sling not a baby bjorn.

My favourite sling: Hug a bub
<http://www.mothersdirect.com.au/catalogue/slings-carriers-2/hugabubslingspocketless>

For safe sling use please read:
http://www.sidsandkids.org/wp-content/uploads/ACCC-safety-alert_Slings-0511.pdf

A lamp with a soft globe (old fashioned 15 w fridge globe) and a comfortable chair for night feeds and nappy changes in baby's room.

A clothes basket for dirty clothes in the baby's bedroom.

A bin for dirty nappies and wipes in the baby's bedroom.

A practical baby bag for all the baby's essentials and your stuff as well so you only need one bag. It's very handy if it has a large enough shoulder strap to hang over the handle of your stroller.

A monitor for noise and breathing if desired to monitor baby when you are out of close proximity in the home.

A clock radio for the time and flexible background music in your baby's room.

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Block out curtains from the top of the window to the floor, rather than blinds in the baby's room, so the fresh air can come in but keeps the light out and doesn't bang against the window in the breeze.

Linen:

At least 2 cot sheet/bassinette sheet sets. One on the bed and at least one clean and ready if the sheets get soiled in the middle of the night.

2 BREATHABLE BUT WATERPROOF mattress protectors- Any brand, as long as it doesn't have plastic in it. Plastic in the mattress protector makes a baby sweaty hot in summer and freezing cold in winter.

2 summer weight waffle, hospital cotton cot blankets.

2 winter weight woolen or microfiber cot blankets.

4 large wraps at least 150cm wide or **flat cot sheets** for wrapping in bed or stroller.

2 smaller muslins wraps 90-100cm wide for wrapping in the capsule.

A few designated cloth nappies/hand towels/burping towels or other for over the shoulder when burping or surprise vomiting in playtime.

Clothing:

At least 4 singlet's

At least 4 weather appropriate simple outfits such as a bonds all-in-one suit.

4 pairs of Cotton socks for cooler weather

A soft hat for winter

2 knitted cardigans for winter

Sleeping bags

When baby starts to roll they are ready for sleeping bags.

In summer bamboo, Muslin or cotton.

In winter padded, poly-fleece, or whatever feels warm.

Sleeping bags with zippers only down the front please, **no press studs** on the shoulders (otherwise when baby stands up in the cot the sleeping bag will come undone and come off! Who invented these?).

See www.babyshop.com.au for a full range of summer and winter weight sleeping bags

Gentle Washing detergent

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Wash in wool wash or a sensitive skin washing detergent. Some babies are very sensitive to detergents.

At least a dozen cloth nappies and covers or a box or two of disposable nappies.

Lotions and potions:

Aqueous gel for quick hand cleansing.

If desires a vegetable oil based bath wash, such as Innoxia, Gaia, Avent, Sukin, natures Quest, Wot Not. Baby bath wash liquids that are made from mineral oil (Johnsons) will dry your baby's skin out.

A simple moisturizer such as sorbolene cream if baby's skin is dry.

A barrier cream/ointment for the bottom to prevent nappy rash such as Papaw Ointment.

For red nappy rash use Sudacrem or peneten.

A powder if desires for excess moisture build up such as Curash or Zinc Oxide. Place a small amount on your hands and rub together gently before rubbing on baby.

A vegetable oil based massage oil.

Alcohol free soft and gentle wipes.

Scented nappy bags for collecting the mess.

Cotton balls for cleaning the eyes.

Cotton buds for cleaning the belly button.

A gentle comb or brush if baby has hair.

Toys:

You and your partner are you baby's essential toys in the first 6 weeks as they learn about you and other important people in their life. Talk, sing, read and bond with your baby, offer time lying on their back and time on their tummy, in their short uptimes until sleep is due again.

A play gym if desired for 6 weeks of age and over, for baby to lie under and interact with the hanging toys for short periods of time (5-10 minutes maximum in each uptime).

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Short cardboard durable books with bright pictures and tactile pages. Such as: "that's not my... mermaid/fairy/dinosaur/truck/bunny..." series.

"Where's Spot?" books

"Where's the green sheep?"

"Ten little fingers and ten little toes"

A nursery rhyme CD such as 'play school' so you can learn all the classics and teach baby a sense of rhythm. This will help them learn their times tables when older.

Services:

I recommend every baby should see a Paediatric Chiropractor or Osteopath for a spine check. If the spine is out of alignment this could impact on their general health, wellness and comfort. Reflux, Colic, constipated and unsettled babies respond really well to Chiropractic treatment. See my 'Natalie Recommends' page on my website for practitioners I like, know and trust, or ask for recommendations from family, friends or google in your local area for a paediatric Chiropractor or Osteopath.

The Australian Breastfeeding Association or La Leche League or Lactation Consultant in your country for breastfeeding support and information.

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| Australia | www.breastfeeding.asn.au |
| USA | www.llusa.org |
| Great Britain | www.laleche.org.uk |
| Canada | www.llc.ca |
| New Zealand | www.lalecheleague.org.nz |

What your baby DOES NOT NEED:

WALKER.

Prevents your baby having floor play, rolling and crawling. Delays normal physical development and your baby's ability to learn their sleep with active play. Also. If your baby spends time standing on their feet before they are able to do it themselves (average age 9 months) they will change the shape of the arch in their foot, and affect the feet, ankle, knee and hip development and the muscle development of their back. These children develop a flat arch in their foot leading to the need for orthotics in their shoes for the rest of their life. Currently they are \$400 and need to be replaced every 6 months until your child is an adult and their feet stop growing. Most health funds pay only 10% rebates.

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JOLLY JUMPERS:

Same as for walkers, along with compressing the baby's spine when the baby jumps up and down off the floor in it.

BABY SWINGS

Your baby requires cuddles for feeding and bonding and your time playing with them on the floor. Placing your baby in a swing prevents floor play affecting sleep and development and can become a sleep association. If used for sleeping and requiring you to use the swing for all sleeps day and night, your baby will not want to sleep anywhere else limiting you to staying home all day and night.

BUMBOS

Prevents active play for your baby and forces them to sit in the one position until you get them out. Often used on babies that are not developmentally ready or old enough to sit and can cause back strain and pain. When your baby is ready to sit they will do this themselves and have the freedom to change their position and roll or crawl away when they are uncomfortable.

DUMMIES

I appreciate that dummies are a sanity saver when your baby is crying uncontrollably, particularly if they are a reflux baby and need to swallow to feel better until treatment is established. Even in this situation please only use the dummy to calm your baby and then remove it for sleep.

The use of a dummy when they are awake and happy, grizzling or crying to communicate with you is saying "BE QUIET" and not allowing you to listen and respond to your baby's needs.

The unnecessary use of a dummy all day causes the following:

- Increased ear, nose and throat infections
- Increased potential for thrush in and around the mouth
- Delayed age of speech
- Interferes with your child's articulation
- Postpones feeds and decreases breast milk supply
- Stops your baby telling you what they need.
- Need to be replaced every 45 mins when baby wakes because they have fallen out.

A NIGHT LIGHT IN BABY'S ROOM

They are too distracting and entertaining encouraging night waking. There is also research to suggest they could cause short sightedness, as your baby's eyes don't get used to the dark. Your baby isn't born afraid of the dark, it was dark in your tummy. This includes glow worms, stars projected up onto the ceiling or glowing eggs for temperature.

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TV, DVD, IPAD, IPHONE, LAPTOP...ANY SCREEN TIME.

Your baby learns best through active interactive creative play using all of its senses, in real life. 30 minutes of screen time results in their brain feeling like they have worked like an adult for 8 hours. Their brain will be in an Alpha state mesmerized and fuzzy and their body will be full of energy, resulting in an uncooperative, irritable, frustrated and cranky baby/toddler. Think back to the basics of our childhood and get them outside, exploring, learning, interacting, developing their creativity and curiosity for the world around them and using all of their senses...sight, touch, smell, hearing and taste.

For confidence and support with sleeping and settling see
Sleep and Settle® www.sleepandsettle.com.au