What a newborn needs

A list for the first month

The key things: an empty cot with a firm mattress, a sleeping bag instead of a blanket, clothes mostly in size 62 and a rear-facing car seat.



DUE DATE _____ CLOTHING SIZE _____ SEASON _____

Sleep

- [ ] Cot or basket, a new firm mattress
- [ ] At least 4 fitted sheets
- [ ] 1-2 waterproof mattress protectors
- [ ] 2 sleeping bags or swaddle bags of the right TOG
- [ ] No pillow, blanket or bumpers

Clothing

- [ ] At least 6 sleepsuits
- [ ] 6-8 bodysuits
- [ ] 2 warmer cardigans
- [ ] 2-3 thin hats for going out
- [ ] 4-6 pairs of socks, 2 pairs of scratch mittens
- [ ] Bunting bag or snowsuit for the season

Nappies and care

- [ ] 1-2 packs of newborn nappies
- [ ] Cotton wool or fragrance-free wipes
- [ ] Nappy cream
- [ ] 6-10 muslins
- [ ] Changing mat

Bath time

- [ ] Baby bath
- [ ] 2 hooded towels
- [ ] Two small bowls for washing
- [ ] Baby scissors or nail file
- [ ] Digital thermometer

Feeding

- [ ] Nursing bras and breast pads
- [ ] Or bottles, teats, a brush and formula
- [ ] Bibs
- [ ] Nursing pillow if you like

Walks

- [ ] Rear-facing car seat, bought new
- [ ] Pram with a carrycot
- [ ] Rain cover and mosquito net for the season

What else to buy

- [ ] _____
- [ ] _____
- [ ] _____

Based on NHS and AAP advice. Talk to your paediatrician if your baby was born early.

The full article: **babyrabby.shop/en/blog/shcho-potribno-novonarodzhenomu/**

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