

A New Parent's Guide

From Birth

Classical superseded items in red italic.

- For sleeping* a bassinette or cradle with mattress, 2 mattress protectors, liner to stop draughts, 2-3 fitted sheets, wool/cotton blanket (depending on temperature) 3+ bunny rugs.
Optionally an insect net, night light and monitor.
- For travelling* a capsule or from birth convertible car seat, additional bunny rugs and a shawl.
- For walking* a pram (bassinette on wheels) or lie flat stroller. The pram is preferred for enclosing and securing baby.
Optionally a front baby carrier/papoose.
- For bathing* a baby bath (the deeper the better for comfort and exercise), *1-2 nappy pails (4 gallon/15 litre recommended if using cotton nappies)*, 2 baby exclusive bath towels, 1 face washer, 36 cotton nappies (woven recommended for ease of cleaning and absorbency), *6 nappy safety pins* and carry bag for it all.
Optionally a change table and or change pad for a table to save bending and storing all the gear in one easily accessible place, bath stand if you have a back problem *and nappy stacker to air the nappies*. Zinc cream for nappy rashes, baby specific shampoo & conditioner and baby wash to replace soap.
- For dressing* *3-6 pilchers (preferably breathable including 1-2 plastic variety for out and about)*.
Paper nappies by weight now replace all of the blue above plus you will need, baby wipes, nappy disposal bags and as before 3-6 vests/singlets, 3-6 matinees/nighties, 2-4 socks/booties (if not too hot), 1-2 pair scratch mittens and 3-6 one-piece suits (for nappy changing without undressing and sleeping comfort).
Optionally a chest of drawers and or a baby wardrobe for storage.
- For feeding* 3-6 first towelling bibs, one 125ml-juice bottle and bottle brush for cleaning.
Optionally 3-4 formulae bottles for non-breast fed babies, and steriliser.

<i>Medication</i>	Only if needed as advised by pharmacist or medical practitioner – after 3 months for pain and coughs.
<i>For learning</i>	1 bouncer/rocker, 1 soft security toy/object, toy bar for securely hanging shapes and colours, hand held toys, ceiling/crib mobiles, backed curtains for darkening room daytime for sleeping, bright wall pictures, sprung baby bouncer and music especially Mozart. <i>Optionally</i> a treated for baby lambskin for playing on floor and playpen if necessary for safety.
<i>For mother</i>	A reference book (download/read from previous page) for what to do about ailments, 2 pairs of breast pads (disposable type are an option to reusable). <i>Optionally</i> a breast pump for expressing milk for relief and during the weaning process.

From about six months

<i>For sleeping</i>	1 cot/crib with mattress, 2 mattress protectors and pillow, 3 sheet sets, cotton and wool blankets as required by temperature (be guided by your own requirements and avoid overheating), bumper protection against head injury. <i>Optionally</i> an insect net and in very cold situations a doona.
<i>For travelling</i>	1 car seat (perhaps the earlier seat converted to upright seating). <i>Optionally</i> a travel/camp/folding cot, back/hiking pack and lightweight pushchair (also useful for shopping centres).
<i>For learning</i>	Educational toys and plenty of books (one at a time), music and a computer with learning games on CD-ROM. <i>Optionally</i> a walker and swing.
<i>For feeding</i>	A highchair, 4-6 large bibs, training mug, bowl and spoon and toilet trainer. <i>Optionally</i> a chair booster seat/pad.
<i>For safety</i>	All dependant on your own situation but err on being too cautious. <i>Optionally</i> locks for doors, drawers, power points and electrical appliances. Barriers for stairs protection from animals etc etc, perhaps a harness and rein.