

10 What you need for the baby



This is a list of essential items you need to get before your baby is born, and some others that you may want to think about. You may be able to borrow some of these items and then pass them on later to another baby. Look out for secondhand equipment too but do check that it is safe. Ask your health visitor if you're in doubt.

NAPPIES

CHOOSING NAPPIES

There is a range of nappies to choose from. **Disposable nappies** are costly but they save time and are useful if washing and drying are a problem where you live.

Washable cloth nappies are cheaper to use, even taking into account the cost of washing them at home or getting them washed by a laundering service. They are more environmentally friendly and are easily laundered in a 60 degree wash. You can get shaped washable nappies with velcro or popper fastenings and waterproof wraps.

For cloth nappies you will need:

- **nappy pins;**
- **nappy liners** – either disposable or cloth, which you can wash and use again;
- **plastic pants** – about four pairs, either tie-on or elasticated. Tie-on ones fit small babies better. Some cloth nappies have the waterproof wraps attached;
- **a bucket with a lid and nappy sterilising powder or liquid** for sterilising nappies.

CHANGING NAPPIES

You'll need:

- **cotton wool** – always choose white, and rolls are cheaper;
- **a plastic changing mat;**
- **baby lotion or baby wipes** – water is fine and cheap for cleaning your baby's bottom, but lotion or wipes can be convenient, especially when you're out;
- **baby barrier cream** to help prevent nappy rash – though the best way to prevent this is by changing and cleaning your baby's bottom well and often;
- **a changing bag** to carry all the nappy-changing equipment when you go out. A carrier bag will do but you can get special changing bags that include a changing mat.

Safety: The safest place to change a nappy is on a mat on the floor. If you use a higher surface keep your hand on your baby at all times in case he or she rolls off.

NAPPY SERVICES AND NAPPY COSTS

There may be a nappy laundering service near you. They deliver freshly laundered nappies to your home and take away the soiled ones to wash each week. They supply everything you need – wraps, liners and storage bin. See page 150 for suppliers.

The approximate cost of buying and washing cloth nappies for 2½ years ranges from £185 to £352, depending mainly on nappy type. (This is based on an estimated cost of £1 per week using your own washing machine. Nappy laundry services cost from £6 to £9 per week.) The cost of disposable nappies over the same period ranges from £463 to £732.



BATHING



- Any **large, clean bowl** will do as long as it's not metal. Or you can always use the sink, but remember to wrap a towel round the taps for safety.
- You need **baby soap or liquid** which can also be used on babies' hair. Ordinary toilet soap may irritate your baby's skin. It isn't necessary to use baby shampoo.
- **Two towels**, the softer the better. There's no need for special baby towels, unless you want them. Keep the towels for your baby's use only.

SAFETY

Pillows and duvets are not safe for babies less than a year old because of the risk of suffocation. Duvets can also make the baby too hot. Baby nests and quilted sleeping bags are not suitable for your baby to sleep in at any time when you are not there, again because of the danger of suffocation.

SLEEPING

For the first few months, you will need a **crib**, a **carry cot** or a **Moses basket**. Your baby just needs somewhere to sleep that is safe and warm and not too far away from you. You also need:

- a **firm mattress**, which must fit the cot snugly, without leaving spaces round the edges – the baby could trap his or her head and suffocate. It's best if the mattress has a built-in plastic cover but, if not, you can put a waterproof sheet firmly around the mattress, under the bottom sheet (never use thin plastic or a bin liner as your baby could suffocate in the loose folds);
- **sheets** to cover the mattress – you need at least four because they need to be changed so often – fitted sheets make life easy but they are quite expensive; you could also use pieces of old sheet;
- several **light blankets** for safety and warmth.



COT SAFETY

Your baby will spend many hours alone in a cot so make sure it's safe.

- The mattress must fit snugly with no space for a baby's head to get stuck.
- The bars must be smooth, securely fixed and the distance between each bar should be not less than 25 mm and not more than 60 mm so that your baby's head can't become trapped.
- The cot should be sturdy.
- The moving parts should work smoothly and not allow fingers or clothing to become trapped.
- Cot bumpers are not recommended as babies can overheat or become entangled in the fastenings.
- Never leave anything with ties – bibs, clothes, etc. – in the cot in case they get caught around your baby's neck.
- If you're buying a new cot, look for the British Standard mark BS 1753.

See page 121 for more information on reducing the risk of cot death.



This baby is sleeping in the 'feet to foot' position (see page 121). This means that the baby's feet are right at the end of the cot to prevent the baby wriggling under the covers and overheating.

OUT AND ABOUT

Spend some time looking at what is available for getting your baby around and thinking about what will suit you best before making a choice. You could always ask other mothers what they have found useful.

- **Baby carriers** (also called slings) are attached with straps and your baby is carried in front of you. Most babies like being carried like this because they're close to you and warm. The back part of the carrier must be high enough to support your baby's head. Check that buckles and straps are secure. Older babies who can hold up their heads and whose backs are stronger (at about four months) can be carried in backpacks.
- **Pushchairs** are only suitable for young babies if they have fully reclining seats which let the baby lie flat. Wait until your baby can sit up before using any other type of pushchair. You should also consider the **weight** of the pushchair if you use public transport.

- **Prams** give your baby a lot of space to sit and lie comfortably, although they take up a lot of space and cannot be used on public transport. If you have a car, look for a pram which can be dismantled easily. Buy a pram harness at the same time as you will soon need it.
- **Carry cot on wheels** – your baby can sleep in the carry cot for the first few months and the cot can be attached to the frame to go out. It can also be taken in a car with appropriate restraints.
- **Three-in-one** – this is a carry cot and transporter (set of wheels) that can be converted into a pushchair when your baby outgrows the carry cot.
- **Shopping trays** which fit under the pushchair or pram can be very useful when you're out.

Before buying a pushchair or pram, etc. check that:

- *the brakes are sound;*
- *the handles are at the right height for pushing;*
- *the frame is strong enough.*



IN THE CAR



If your car has an airbag, do not place your baby restraint in the front seat.

If you've got a car, you must have a safety restraint right from the start, even coming home from the hospital. It's very dangerous to carry your baby in your arms, and illegal. The best way for your baby to travel is in a rear-facing infant baby restraint (car seat) either on the front or back seat. This is held in place by the adult safety belt. Make sure it's correctly fitted. Do not place a rear-facing infant baby restraint in the front passenger seat if your car is fitted with an air bag.

Do not buy a secondhand car seat as it may have been damaged in an accident. Look for European Standard number R44/03 when you buy.

FEEDING

If you're breastfeeding, you will probably want **nursing bras**. They should open at the front and have adjustable straps. Cotton is best because it allows air to circulate. If you try on bras at about 36–38 weeks, they should fit when needed later.

A supply of **breast pads** may also be useful.

If you're going to bottle feed, you will need to get:

- **six bottles** with teats and caps;
- **sterilising equipment**;
- **a bottle brush**;
- **infant formula milk** – don't buy this too far in advance and remember to check the 'sell by date' on the pack.

CLOTHES FOR THE BABY

Babies grow very quickly. All you need for the first few weeks are enough clothes to make sure that your baby will be warm and clean. You'll probably need:

- **six stretch suits** for both day and night or four stretch suits and two nighties for the night – use socks or booties with the nightie if it's cold;



- **two cardigans**, wool or cotton rather than nylon, light rather than heavy – several light layers of clothing are best for warmth;
- **four vests**;
- **a shawl or blanket** to wrap your baby in;
- **a woolly or cotton hat, mittens, socks or booties** for going out if the weather is cold – it's better to choose close-knitted patterns for safety;
- **a sun hat** for going out if the weather is hot or the sun is bright.

WASHING BABY CLOTHES

If you use a washing machine, don't use enzyme (bio) powders, as they may irritate your baby's skin. Always rinse very thoroughly. Fabric softener may also cause a skin reaction.



From Conception to Your New Baby - Healthy the Natural Way

During both the conception process and throughout pregnancy it is important that hopeful moms maintain their physical wellbeing and as well as their psychological health.

This broad field of women's health includes psychological issues surrounding [mood](#), [stress and relaxation](#), as well as physical areas such as [infertility](#), nutrition, [morning sickness](#), [labor and delivery](#) and more.

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To us, it makes little sense for companies to go the natural route, while being unable to guarantee that their product is free of contamination with chemicals known to be harmful to health! Using the Full Spectrum Method helps us to maintain the integrity, balance and therapeutic effect of herbs with the least risk of side effects or harm to your health!

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While each of our natural remedies works well on its own to address a specific body function or relieve a particular symptom, we believe that by combining our herbal and homeopathic remedies you will find a complete solution that is safe and highly effective.

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