

What you need for a new baby

Please note that this list contains some affiliate links

| What they recommend | My notes |
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| Hospital bag | |
| Birth plan and maternity notes | Do not forget these! |
| Tens machine | I didn't use one of these, but have heard good things online. |
| Birthing ball | Our ward had these, so I relied on them. Both births were reasonably quick, so I didn't sit on one either time. |
| Paracetamol | Hahahaha |
| Arnica tablets | I'm not sure what you would use these for. |
| Big or disposable pants | I bought some cheap pants from Primark. I'd planned to just throw them away, but actually they were fine after a wash, and I'm still using them. |
| Maternity pads | Buy lots for your house, and probably ½ pack for your bag. If you need more, the hospital will have some to tide you over. |
| Hair band | Essential as birth is a hot and sweaty affair. |
| Face spritzer | I know some people who think this is a waste of time, but I found it so useful both times. It was particularly great with #2 in the birthing pool as I got so hot. |
| Cash | Mostly for your birthing partner to buy sandwiches. |
| Toiletries | Lip balm! I got really dehydrated. I know some people like to have a full face of makeup before taking pictures that will be shared online, so take whatever you think you'll want after the birth. During the birth you will not give a crap. |
| Nighties/pjs (that you can breastfeed from) | Again, I just got something cheap from Primark. I wore it pretty much every night after the birth with my first, so it was worth it. |
| Going home clothes | Something comfy like sweatpants. |

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| Slippers/ flip flops | I actually forgot my flip flops and I wish I'd had them with Theo, as barefoot late night toilet using is unpleasant in a hospital. |
| Drinks/snacks | Peter got me a big thing of Lucozade, which was great. I normally hate the stuff, but it definitely did the thirst quenching job. |
| Camera, mobile phone, chargers | Don't forget your charger! Peter got something like this for his iPhone , which worked a treat. |
| Pillow | We took our own pillow first time, which was BRILLIANT, but I forgot it there, so... not ideal. I didn't pack another one for Beatrice. |
| Baby clothes | 2-3 outfits MAX. You might stay in for a while, but you really don't need to change them all the time unless they poo or wee on their clothes! |
| Nappies | Take around 10 - the hospital will have some if you run out. |
| blanket | For the baby, not you. We had a couple of these ones from John Lewis - so soft. |
| car seat | We have the Maxi Cosi pebble , which is brilliant |
| snacks and drinks | Cereal bars! |
| Sleeping | |
| Moses basket or crib | We had our buggy's bassinot in the living room and a moses basket in the bedroom. We had a bedside cot for Theo which was amazing, but it was a hand-me-down that was no longer on sale, and we had to have the mattress custom made. Not ideal. The moses basket is fine and much cheaper! |
| Cot or cotbed | We got a standard one from Ikea , it was great. |
| New mattress | Similarly - from Ikea. |
| Fitted sheets for moses basket | I think you can pretty much only get white ones. |

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| Fitted sheets for cot/ cotbed | It's worth spending a little bit more to get patterned ones. White ones get really manky after a while. Ours are similar to these . |
| Swaddling blanket | I found a swaddle really useful when the babies were little. We borrowed these swaddles with Theo, and I got this little swaddling bag for Beatrice. Both were great. |
| Sleepyhead | So much debate about whether these are worth the money. I LOVED ours but I got it for free from a friend. Would I have spent £120 on one? Probably not, because I am tight. But I should have, because for many weeks, it was the only place Beatrice would sleep that wasn't directly on top of me. |
| Sleeping bag | Grobag is a good brand that has some super cute designs . You can get different togs for summer and winter babies. I know there are lots of other companies that make them cheaper, but I'm a super for a cute pattern. |
| Cellular blankets | You can get pram sized and cot sized cellular blankets, but I've never used them and always preferred to use a sleeping bag. |
| Room thermometer | I kind of feel like this is a waste of time. You can feel if a room is really hot or really cold. Also, your baby monitor will have one, if you use a baby monitor. |
| Night light | We don't have one. |
| Baby monitor | I love having a video monitor as it lets me check in on how Beatrice is getting on without actually going in (eg: now, if she's lying down, she'll be asleep in a few minutes, so even if she's chatting, it's better not to go in. If she's standing up, it's better to go in and give her a cuddle). Some people hate them, though, so personal preference. They're definitely a |

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| | lot pricier. Do not bother with the ones that monitor their breathing as from what I've heard they malfunction a lot and make you paranoid that they've stopped breathing! |
| Dummies | Theo never took one, and now I'm glad he didn't as he sleeps without an aid. BUT Beatrice really seemed to need one, so we've got one for her and I'm really happy we did as she's a great sleeper. These were the least offensive looking ones I found (although they're harder to find at night!). |
| Hot water bottle | For warming baby's cot before you put them in it – I was never organised to do this, but apparently helps them transfer easier into their beds. |
| Bathing & Changing | |
| Baby bath or bath support | We had a little baby bucket - love it! It means their entire body can be in the water without having to fill up the bath. I can't find the exact one we had, but it looks like this . |
| Bath thermometer | We didn't bother with this – the water should feel around room temperature, not too hot or too cold. |
| Top and tail bowls | Literally a waste of money/plastic. We had one that just gathered dust. |
| Cotton wool | We used this for ages with Theo, but only for a couple of weeks with Bee. Aldi wipes/Pampers newborn are great. |
| Flannels | Get lots. They're cheap and super useful. |
| Changing Mat | Get one that can transfer to the floor, if it's designed to go on top of a cot/changing station etc. We still use this one from John Lewis . It's great. |
| Hooded cuddle robes or towels | Seems to be a popular gift item - I have so many! |
| Nappies | We used Pampers for ages with Theo, only for about 6 weeks with Bee, now |

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| | she's in Aldi - she was allergic as a very tiny baby, though, so look out for rashes if you use supermarket own brand |
| Nappy bin | I thought this would be a waste of money, so didn't buy one. My cousin gave me hers (like this) and I'm SO GLAD we have one. Baby poo stinks. |
| Nappy sacks | Or just use up plastic bags you have laying around. If you have a nappy bin, you will only need bags when you're out and about. |
| Baby wipes | For Beatrice, until we started solids, I was using Cheeky Wipes reusable wipes . These are fantastic - highly recommend. Rinse after use and stick in the washing machine. Easy. Otherwise we use Aldi wipes. |
| Muslins | Buy lots. |
| Baby brush | Really not essential. |
| Baby nail scissors or clippers | John Lewis baby clippers are what I use now. Initially I just used an emery board because I was scared of using the clippers (the first time I cut Theo's nails, I cut his finger!), but the clippers are significantly more effective at taming the baby claws. |
| Cotton buds | Not sure why you need this. |
| Sudocream | Metanium is way better for nappy rash. It clears it up super quickly. |
| Napisan | SUN BLEACHES OUT ALL POO STAINS. Just rinse the clothes in plain water, wash, and hang out in the sun. Of course this is more relevant in summer, but I just didn't find Napisan made any difference to how much the clothes stained or not. |
| Ear thermometer | Theo's had two febrile convulsions, so I'm kind of obsessive with ours... |
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| Feeding | |
| Breastfeeding | |

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| Nursing bras | Not just for daytime anymore! The sleep bras from JoJo Maman are brilliant for night time. |
| Breast pads - washable or disposable | I bought a big box , and they lasted for ages. If I were to do it again, I'd use reusable ones. |
| Breast cooling pads | YES! So brilliant if you have sore nipples - Multi Mam compresses - ESSENTIAL |
| Nipple protectors | These were great when breastfeeding was very painful in the early days with Theo. Protected the nips a little bit. |
| Breast feeding tops | Not essential (buy lots of strappy vest tops and loose t-shirts/jumpers and light cotton scarves instead), but I've found having one or two useful. Gap do good ones. |
| Breast pump | Ugh, I tried this with Theo but despite copious flow, could only produce mere droplets with a pump. I didn't bother with Beatrice. If I were to do it again, I'd use one of these and stick it on to one boob as I fed off the other. |
| Nipple cream | Laniso is great, but the cooling pads are better. |
| Bottle feeding | |
| Carton of ready made formula | Just in case, useful to have. |
| 6-8 bottles and teats (slow flow) | I tried every bottle going with Theo, and the only ones he'd take were these . Bee took to them straight away. |
| Steriliser | We just got Milton sterilising tablets. Way easier. Wash the bottle up, stick in the sterilising water and leave for 10 minutes. That said, we haven't sterilised a single thing with Beatrice, so... yeah. You can live without this. |
| Bottle warmer | Never bothered with this. |
| Bottle brush | We just use a sponge. |
| Travel | |
| Car seat | Maxi-cosi is the one everyone seems to |

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| | have and fits onto most travel systems if you have the adaptors (as above) |
| Pram/ pushchair suitable from birth | We have the City Jogger mini . I love it as it's very easy to maneuver and folds up in about 2 seconds, BUT I wish there was a setting for it to face inwards. |
| Buggy fleece liner | We do have one, but I can't recommend it as it constantly falls out. |
| Parasol or sun canopy in summer | The City Jogger has one built in. |
| Rain cover | Essential |
| Baby carrier/ sling | I have a Manduca and I love it. BUT if I were to do it again, I'd get an Ergo as it faces in both directions. |
| Changing bag | I never got a proper changing bag. All his nappies etc just go in a little packing bag, which goes under the buggy. I use a normal handbag. |