

NURSERY CHECKLIST

Bath:

- Baby bath tub - Buy a stand or build a support that keeps the baby tub on top of your own bath tub, so you do not need to bend forward every time to reach your babies
- Bath seat - Helps support your baby while washing him
- Sponge
- Bath soap - Make sure it is newborn-friendly
- Bath Toys For a later stage
- Towels & Facecloths

Changing:

- Change table
- Changing mat
- Diaper dispenser
- Diapers - Newborn size
- Barrier Cream - To treat nappy rash
- Baby Wipes
- Talcum Powder - Use either talcum powder or lotion. Never both.
- Massage oil and/or body lotion
- Baby detergent (Optional)
- Nail clippers & soft emery board. When they are tiny, a soft emery board is usually the easiest way to stop their nails from growing and scratching them
- Brush & comb - Soft bristles
- Cotton buds
- Cotton Sterile to clean eyes for the first few days
- Small cup to wash face - Use sterilized water only for first few weeks

Feeding:

- Feeding cushion
- Cushions/pillows to support babies when B-feeding - U shaped pillows are great for this
- Chair for breastfeeding - A comfortable armchair is a practical choice
- Standing fan
- Breast pump - Either manual or electric.
- Body Moisturising Cream - Eg. Purelan or Palmer's cocoa cream
- Breast pads
- Nursing bras
- Baby bottles
- Steriliser
- Formula milk - At least one tin even if B-feeding, just in case
- Bottled mineral water / Cooled boiled water - To mix with formula or to use when washing babies faces

NURSERY CHECKLIST continued...

- Breast cups - Useful to collect the milk when nursing one at a time
- Baby dish washing liquid
- Bottle brush
- Thermos (optional) - To keep the water warm for formula-fed babies
- Drain rack for bottles - Keep sterilized bottles in a clean, separate place
- Bottle tongs (to take them out of steriliser) - Often provided with the steriliser
- Container formula 4 portions - Most are 3 portions – not handy when you need them for 2 feeds for 2 babies!
- Terry nappies 100% cotton - To protect the changing mat, the pram, burping baby, etc
- Muslin Wraps - To swaddle babies, also great all purpose cloths.

Clothes:

- Rompers
- Mittens, booties & hats
- Blankets - Cotton waffle blankets are a safe choice
- Pacifiers (Optional)

Bedroom:

- Cots
- Cot sheets in cotton
- Bumpers (Optional)
- Musical mobiles - Almost all babies love these!
- Baby monitor - A good idea if the babies will be sleeping in another room.
- Dimming light/Night Light - Really useful for the night feedings!
- Sleeping Bags - Great if you use air-conditioning
- iPod Speakers - Make sure you load some soothing music to your iPod

Transport & carriers:

- Rocking chairs or bouncinettes
- Fully reclineable pram - It's important to note that a lot of prams do not full recline and are only appropriate from age 3 months and up
- Sarongs (Optional)
- Baby carriers Eg. The Baby Bjorn or a baby sling.
- Infant carseats - Test out how to install these before your due to avoid drama the day you're taking the babies home
- Big Baby Bag - It amazing how many diapers, wipes, bottles & toys you'll have to carry around