
Baby Gear 0-3 months- BIRTH MATTERS

- **Baby's material needs are simple and few**
- **Too much equipment can make life complicated**
- **Practise using the gear (esp sling & pram) before baby is born**
- **Establish a washing routine early with cloth nappies**

The following list is based on washing a load of baby gear every 2-3 days. It is difficult to wash at longer intervals because of soiling from poos and vomit on clothing.

Big Items

- **Pram** flat bassinet-type pram, rather than a stroller, as it is great for rocking baby to sleep in the first 3-4 months
- **Bassinet**- especially one that can be rocked from side to side...
- **Sheepskin**- available Mothers Direct www.mothersdirect.com.au Phone 03 9885 0855
- **Sling**- www.mothersdirect.com.au
- **Woollen bassinette blanket x2** -difficult to find in baby shops –plentiful on internet- e.g www.merinomana.co.nz www.babu.co.nz
- **Sheets** –cotton in summer / flannelette in winter
- **Baby's bath**

Clothing-avoid acrylic clothes or blankets- wearing acrylics can make babies hot in summer and cold in winter. They do not regulate their temperature easily – Cotton or wool is best

- Singlets size 000 x 5....the bigger the singlet the easier to put on
- Onesies(size000) x 6
- 3 warm tops (fine wool not acrylic)
- Socks x 5
- Rugs x 5
- Muslin x 6
- Warm hat

Nappies

- Traditional flat cloth nappies can be surprisingly easy to use if you get into a routine with washing every 2-3 days. They also dry very quickly. You will need 2 doz nappies (cost \$16 per dozen at Big W), 7 pilchers – eg baby beehind covers(\$14 each)or fluffies, and a packet of Snappy nappies (\$12)
- Fitted nappies eg Baby Bee-Hind . You will need about 18 fitted nappies/ washing every second day
- Nappy Cream – Penaten cream

Bathtime

- A baby bath
- Towels x 2
- Face washer x 3
- Jojoba Oil for baby massage