

Baby ESSENTIALS CHECKLIST



HOSPITAL BAG

- Birth Plan
- Loose clothes for labor and delivery
- Pajamas
- Nursing bras
- Underwear and maternity pads
- Socks and slippers
- Baby clothes
- Hats and booties
- Nappies
- Baby wipes
- Baby wraps

NURSERY

- Cot
- Cot Mattress
- Waterproof mattress covers
- Fitted cot sheet
- Changing table or dresser
- Changing mat
- Rocker
- Nappy Bin
- Baby monitor
- Nightlight
- First FLATOUTbear

DIAPERING

Re-usable cloth nappies

- Cloth or re-usable nappies
- Waterproof covers
- Changing mat
- Rash cream
- Safety pins
- Wipes
- Washcloths

Disposable Nappies

- Nappies
- Changing mat
- Rash cream
- Wipes

CLOTHING

- Short sleeve onesies
- Long-sleeve onesies
- Sleepsuits
- Sleeping Bag
- Socks or booties
- Light jumpers
- Sleep sack
- Hats
- Swaddling blankets / Cotton baby wraps

FEEDING

For Nursing Mums:

- Bibs
- Burp Cloths
- Breast Pump
- Milk storage containers
- Nursing pillow
- Nursing Bras
- Nipple Cream

Formula Feeding

- Bottles and teats
- Bottle brush
- Formula
- Bottle Drying Rack
- Sterilising Unit

BATHTIME

- Infant Bath
- Washcloths
- Baby shampoo & wash
- Soft-bristled hair brush
- Hooded Towels
- Nail Clipper

TRAVEL

- Baby car seat
- Pram/ Stroller

ESSENTIALS

- Thermometer
- Saline nasal drops
- Suction bulb



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9 TIPS FOR FIRST-TIME *Parents*

The transition to parenthood can be one of the most exciting, yet daunting times in a parent's life. If you're a first-time parent and feeling a bit overwhelmed, don't stress. We've put together some tips that'll help you get through without losing your sanity.

1

Make sure you have a list of all the supplies you need before your baby arrives. This will help ensure that there are no surprises when it's time for your little bundle of joy to come

2

Prepare for Sleepless Nights

Newborns have irregular sleep patterns, so be prepared for sleepless nights. Sleep when the baby sleeps, although it's easier said than done!

3

Take care of yourself

Don't forget about yourself. Take some time to recharge your batteries. Go for a short walk or get a massage. Taking care of yourself is the best way to take care of your new baby

4

Ask for help if you're feeling exhausted

"It takes a village to raise a child." Having a support system can make all the difference, especially when you're a new parent.

5

Establish Routines

Babies thrive on consistency. Establish routines for feeding, sleeping, and playtime to help your baby feel secure and make your life easier.

6

Learn to Swaddle

Swaddling can soothe your baby and promote better sleep. Ensure your baby's safety and comfort by swaddling them correctly. Check out our beautiful cotton [FLATOUTbear Wraps](#).



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Cherish the Moments

7

Although early parenthood can be challenging, remember to cherish special moments with your baby. Capture them with photos and a baby journal, and celebrate milestones with our soft, cuddly flat bears.

8

Don't Compare Yourself to Others

Don't compare yourself to other parents. You need to remember that every baby is different, and every parents' experience is unique. Don't feel like you're doing things wrong — eventually, you'll find your rhythm.

9

If you're on a budget, make sure you have a good maternity leave plan in place so you don't have to worry about how much money you'll have when it's time to go back to work after having your baby.



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Newborn Sleep Tips



Irregularity, in terms of when and for how long your baby sleeps, is **NORMAL!**



Avoid over tiredness by creating frequent opportunities for your baby to sleep.



Be flexible with day sleeps. Getting enough sleep is more important than how they got to sleep.



Create a simple bedtime routine to help your baby wind down.



Practice different ways to settle your baby to sleep. This will not create 'bad habits' but will help establish the foundation for healthy sleep.



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Be gentle with yourself. Sleep deprivation can make everything feel harder. Try to focus on the aspects that are working well.



Know the room temperature so you can layer appropriately - a good rule of thumb is one more layer than you are wearing.



While it is safest to sleep your baby on a firm and flat surface, don't stress if your baby prefers to sleep on you in the early weeks.



Learn how to swaddle, even if you have a few days where they seem to resist it.



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FLATOUTbear Bunny

Made from 100% Australian sheepskin and is shaped like a bunny rabbit with a big, white, fluffy tail.



FLATOUTbear Wrap

Made of 100% cotton. Soft, light muslin and soft, stretchy jersey. Designed in a FLATOUTbear Toile De Jouy.



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Favourite **BABY SHOPS**

One stop shop for your baby essentials.



Kate English Designs

This gorgeous store is based in Junction St, Nowra NSW and is managed by the lovely owner, Kate. The shop stocks leading baby brands and is known for its beautifully curated gift boxes.



Pure Baby

Unique, organic clothing for babies and children. Each Purebaby piece is soft and comfortable – beautifully designed, and beautifully organic.



SMALL STORE

Small Store

A family-owned and operated baby store located in Sydney. They stock all the best brands for your baby needs.



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