

PREPARING HOME FOR YOUR BABY

Remember, every parent and baby is different, take your time and figure out what works for you. The following is adapted from www.pampers.co.za

A crib/cot. As your baby grows, he/she will need a cot. Make sure the cot slats are less than 6cm apart and that none are missing or broken. Make sure the mattress is firm and fits snugly (you can get no more than two fingers between it and the rails)

Baby bath. You can give your baby a bath after his/her umbilical cord falls off. You will need a small plastic tub or basin and a safe place to set everything up

A changing surface/mat. Set this up away from windows. Be sure all changing supplies; including nappies and wipes are easy to reach

Burp cloths. These will protect your clothes during each feed. They come in handy for wiping up messes and cleaning your baby's face and hands

A nappy bag. Getting out and about with your baby can take a bit of practice. Having a nappy bag packed with the essentials will help you get on your way more quickly

A baby carrier/wrap. This holds your baby close to your chest and lets you get things done while keeping in close contact with him/her. You can use it for skin to skin time

Baby clothes. Be prepared with enough clothes. Babygrows that open in the front and along the legs are most convenient for changing nappies.

A car seat. You can get an infant seat specifically designed for newborns and young babies, or a model that can be used for small infants and later converted for use with an older baby

A thermometer. Digital thermometers are easiest to read but are more expensive. Avoid an ear thermometer until your baby is 3 months old

HELPFUL TIPS

Visitors. Before birth, decide how you feel about people visiting in hospital and after birth. Share with your family what would be helpful support during this time

REMEMBER: During COVID-19 family and friends can not visit the hospital or home to- ask friends and family to respect that to protect you & baby

Prepare meals. Before birth, make and freeze a few meals for after birth

Laundry. Before birth, get laundry up to date so that there is one less thing to worry about

Make sure that you have enough nappies, wet wipes and toiletries (e.g. baby soap, cream, bum cream etc.) for your baby for a few weeks so that you do not have to go to the shops whilst you are trying to find your rhythm with your baby.