

Planning for a new baby: what does a baby need?

Shopping for your baby can be an expensive and possibly overwhelming time. You do not need to buy everything before baby is born. You can start with some basic items, and get more as baby grows.

We suggest you **use cotton, merino, and wool** for your baby's bedding and clothing. These fabrics are natural. This means they are breathable & reduce overheating.

Please **avoid acrylic, polar fleece and polyester fabrics**. These fabrics are not breathable it is dangerous for babies to get too hot. Baby clothing and blankets from websites like Temu are often 100% acrylic.

Baby clothing sizes: Most babies are 3-4 kgs at birth. Some babies are born over 4kgs, some babies are born prematurely or small: 2-3 kgs

00000 = premature/ 2.5-3 kgs	0000 = Newborn/ 3-4 kgs	000 = 0-3 months/ 4-6 kgs
00 = 3-6 months/ 6-8kgs	0 = 6-12 months/ 8-10 kgs	1 = 12-18 months/ 10+ kgs

- 6 singlets** these usually dome between the legs. With or without sleeves depending on the season.
- 6 onesies** (or 6 pants & top outfits)
- 3 - 6 pairs of socks and/or booties**
- 3 - 6 cardigans, or vests.** Knitted wool is warmest.
- 1 - 3 hats.** A cotton or wool hat for the newborn baby after birth or if they are going out into the cool winter air or in summer a sunhat may be needed.
- Bibs/ spill cloths.** Approximately 6-12 baby bibs, and/or 6 spill clothes to wipe up small milky spills. Old fashioned cloth nappies are very useful.

Baby nappy sizes:	Prem: 2-3 kgs	Size 1: 3-5kgs	Size 2: 4-8 kgs
Quantity: expect approximately 10-12 nappies per day	Size 3: 6-11kgs	Size 4: 10-15kgs	Size 5: 13-18kgs

- Wipes or cloths:** Approximately 10-20 bottom wash clothes or 20+ wet wipes per day
- Barrier Cream:** A baby bottom barrier cream or nappy rash cream is used at most nappy changes.
- A change mat.** Changing baby on the floor is safest. Using a change table can be helpful if you have a caesarean section.
- A baby bath is optional.** You could shower with your baby, or wash them in your bath
- Towels:** 2-4 baby towels, and 2-4 baby facecloths
- Sheets:** 2-4 sets of sheets for the bassinet or cot
- Mattress Protector:** wool or breathable material
- Blankets:** 2-4. cotton/ bamboo/ wool. Ideally wool for warmth. Using polyester or acrylic can cause babies to overheat dangerously.
- A pram/ baby buggy.**
- A baby carrier, wrap, or front pack** for baby wearing.
- A safe baby bed.** Cot/ Bassinet/ Pepi-pod, Wahakura <https://www.health.govt.nz/news-media/media-releases/new-safe-sleep-device-guidelines-reduce-sudi>
- A baby capsule or car seat.** New if possible. If buying second hand check the "USE BY" expiry date. Have the car seat fitted properly and checked by a car seat installer. Research shows that 50-75% are installed incorrectly which could put your baby in danger. The correct angle of the baby's airway is very important when they are in a car seat which means that baby should only be in the car seat for short spells when you are driving starting at 45 minutes at a time. <https://www.nzta.govt.nz/safety/vehicle-safety/safety-belts-and-restraints/child-restraints/using-child-restraints-in-new-zealand/>
- Baby Books.** You can start to read to your baby before they are born. They will love hearing your voice. Consider joining baby up for free at your local library- and getting new books every week. The library is a good local resource and the baby rock and rhyme sessions for baby are fun.

<https://www.wcl.govt.nz/> _____

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