



## Preparing the Nursery

### Room preparation

- If you plan to paint
  - Take care when stripping back old paint in older homes as it may contain lead. If you are not sure get advice from your local paint store.
  - Use water based paints to avoid fumes
  - Take regular breaks in fresh air
- Wear protective gear
  - Ventilation mask with filter, long trousers and long sleeved shirt
- Don't sleep in newly painted rooms. Open windows to allow fumes to escape.
- Paint baby's room well in advance.



### Sleeping

- Cot and cot mattress
- Cot Sheet Set x 2
- Blankets/Wraps x 3

### Changing/Bathing

- Baby Bath
- Change table
- Towels x 3
- Face washers x 3
- Nappies (Disposables/Cloth)
- Toiletries (nappy wipes, cotton wool balls, cotton buds, good nappy rash cream)



### Dressing Baby

- 5 singlets
- 5 short sleeved body suits
- 5 long sleeved body suits
- 3 pairs of socks

### Feeding Baby

- Breast pads
- Nursing & maternity bra
- A special feeding pillow or a 'V' shaped cushion
- Bibs to protect your baby's clothing



### Going out

- Baby carrier/sling
- Pram
- Baby capsule/Car seat

### Useful but not essential

- Mattress protector
- Bassinet
- Digital ear thermometer
- Baby monitor
- Nail scissors/clippers
- Sleeping bag
- Nappy bag with a change mat
- Sunshades for car windows
- Portable cot
- Beanies, mittens
- Playmat
- Dummies if you wish to use them
- Baby sorbelene/baby powder
- Baby rocker or bouncer with safety strap