Baby Prep. The Full Guide.

What your baby will wear, and everything you need.

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What's Inside.

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What your baby will wear

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How this guide works

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What's inside?

01 Dressing your baby for sleep

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Core Principles

This guide follows a simple order.

1. Get clear on sleep and how temperature affects dressing.
2. Work out how many outfit changes your baby needs per day.
3. Then buy according to the month your baby is born, while keeping the next six months in view.

Tip 1

Start with the temperature

Babies are dressed for the temperature they sleep and live in, not the season written on the calendar.

Tip 2

Think in layers

Smaller, flexible wardrobes tend to work better than huge piles of clothes that only suit one temperature.

Tip 3

Buy with growth in mind

Some clothes may need to carry baby from one season into the next, especially in the first six months.

Part 01

Dressing your baby for sleep

Dressing your baby for sleep is really about keeping your baby comfortably warm without overheating. Most of the time, that comes down to the room temperature, the sleep sack or swaddle, and one simple base outfit underneath.

Introduction

When dressing your baby for sleep, there are a few key things to be aware of so they stay comfortable through the night.

The aim is not to get everything perfect, but to understand the main factors that can affect how warm or cool they feel. If your baby is waking more during the night, temperature may be one part of it, though it is not always the reason.

Near a window or not

Windows can often make a room feel cooler by letting warmth out and draughts in.

Sleeping in the same room

Babies are recommended to sleep in the same room as you for the first 6 months, which can make the room feel a little warmer.

Location of radiators

Depending on where you have the radiators in your home can change the temperature of the room

Living in a flat vs living in a house

if you live in a flat then depending on when your neighbours turn thier heating on can affect the temp a lot

These are all things to be mindful of, as they can make your baby's sleep space a few degrees warmer or cooler and can change throughout the night. It can help to keep an eye on this and adjust layers if needed.

Products I recommend

Room Thermomometer

Keeping your baby comfortable starts with knowing the room temperature. Place a thermometer near where they will be sleeping, but away from draughts and radiators so the reading stays accurate.

Sleep Sack

This is my top recommendation for sleep. I prefer these over swaddles, as they are not always recommended by midwives due to limiting the startle reflex, which is a natural safety mechanism, and I find them easier for layering and dressing.

Sleep temperature guide

This is just a starting guide, as all babies are different. It is best to adapt to your baby, but this can give you a helpful starting point.

Sleep sacks come in different togs, which simply show how warm they are. Lower togs are for warmer rooms, and higher togs are for cooler rooms.

Room Temperature	What to wear	
27°C +	 Nappy Only	
24-26°C	 Sleep Sack 0.5 TOG +  Body Suit Short Sleeves	
21-23°C	 Sleep Sack 1 TOG +  Body Suit Short Sleeves	
17-20°C	 Sleep Sack 2.5 TOG +  Body Suit Long Sleeves	16-20°C Optimal Temperature Recommended by NHS & Lullaby trust
15-17°C	 Sleep Sack 2.5 TOG +  Sleep Suit +  Body Suit Long Sleeves	
<15°C	 Sleep Sack 3.5 TOG +  Sleep Suit +  Body Suit (Adjust as needed)	

TOP TIP

the best place to check your baby's temperature is the back of their neck. This gives a better sense of their core warmth, whereas hands and feet are often naturally cooler and can be misleading.

Part 02

Dressing for different Temperatures

Dressing your baby for different temperatures can feel a bit confusing at first, especially when conditions change throughout the day. The aim is simply to keep them comfortable, adjusting layers based on the environment around them.

Introduction

When dressing your baby for different temperatures, it helps to keep in mind how different factors can affect how warm or cool they feel. Small things like sunlight, wind, or how they are travelling can all make a difference, so it is worth adjusting layers as needed.

Sunlight

If you are out and about, direct sunlight can make things feel much warmer than being in the shade, so it is worth adjusting layers as needed.

Wind

If it is windy, you may want to add an extra layer to help keep your baby protected , especially around their chest.

Baby wearing

Wearing your baby counts as a layer in itself, as you and the carrier both add warmth, so you usually do not need as many layers as you might think.

Buggy and pram insulation

If your baby is in an insulated pram, this can also act as an extra layer, so you may not need as many clothes.

Also be mindful of these factors, as even if the temperature feels a certain way to you, small variables can change how it feels for your baby.

Products I recommend



SnoozeShade

If you are out and about during the summer, this is one of the most useful products for keeping your baby cool and out of direct sunlight, helping them stay more comfortable and settled.



Pram Suit

A helpful tip with pram suits is to go one size up. This gives you more room for layering and means your baby is less likely to outgrow it too quickly.

Summer

A simple rule is to dress your baby in what a parent would wear, plus one light layer, unless it is very hot. If you are in a t-shirt and shorts, your baby will likely just need a light outfit like a romper. Keep them shaded and avoid the hottest part of the day where possible.

Temperature	What to wear		
32°C +	What you might wear	Summer Dress (Short) 	T-shirt & Shorts 	What baby wears	Nappy Only 
30–31°C	What you might wear	Summer Dress (Short) 	T-shirt & Shorts 	What baby wears	Body Suit (Short Sleeves) 
28–29°C	What you might wear	Summer Dress (Long) 	T-shirt & Shorts 	What baby wears	Body Suit (Short Sleeves) 
26–27°C	What you might wear	Summer Dress (Long) 	T-shirt & Shorts 	What baby wears	Body Suit (Short Sleeves) 
24–25°C	What you might wear	Summer Dress (Long) 	T-shirt & Shorts 	What baby wears	Romper 

TOP TIP

Take a muslin or light blanket with you so you can easily cover your baby when moving between warmer outdoor air and cooler, air conditioned spaces.

Autumn & Spring (Transitional Seasons)

Spring and Autumn can be less predictable, so flexibility matters more than getting it perfect. Use this as a starting guide, then adjust layers depending on the sun, wind, shade, and how the temperature changes through the day.

Temperature	What to wear
22–23°C	**What you might wear:** Trousers, T-shirt **What baby wears:** Romper
20–21°C	**What you might wear:** Trousers, T-shirt **What baby wears:** Body Suit (Short Sleeves) + Romper
17–19°C	**What you might wear:** Trousers, T-shirt (Long Sleeves) **What baby wears:** Body Suit (Short Sleeves) + Sleep Suit
14–16°C	**What you might wear:** Trousers, Jumper (Light) **What baby wears:** Body Suit (Short Sleeves) + Sleep Suit + Cardigan (Light)
10–13°C	**What you might wear:** Trousers, Jumper (Medium) **What baby wears:** Body Suit (Short Sleeves) + Sleep Suit + Cardigan (Light)

TOP TIP

Spring and autumn temperatures can change quickly, so keeping a muslin or light blanket with you gives you an easy extra layer without needing to fully change your baby.

Winter

Winter dressing is mostly about keeping your baby warm without layering so much that they overheat. This guide gives you a simple starting point, but things like wind, rain, pram covers, and whether you are indoors or outside can all make a difference.

Temperature	What to wear
8–9°C	**What you might wear:** Trousers; Jumper (Heavy) — **What baby wears:** Body Suit (Long Sleeves) + Sleep Suit + Cardigan (Medium)
4–7°C	**What you might wear:** Trousers; Jacket (Medium) — **What baby wears:** Body Suit (Long Sleeves) + Sleep Suit + Cardigan (Heavy)
0–3°C	**What you might wear:** Trousers; Jacket (Heavy); Jumper (Light) — **What baby wears:** Pram Suit (Medium) + Sleep Suit + Body Suit (Long Sleeves)
-5 to -1°C	**What you might wear:** Trousers; Jacket (Heavy); Jumper (Medium) — **What baby wears:** Pram Suit (Medium) + Sleep Suit + Body Suit (Long Sleeves)
<-5°C	**What you might wear:** Trousers; Jacket (Heavy); Jumper (Heavy) — **What baby wears:** Pram Suit (Heavy) + Sleep Suit (Heavy) + Body Suit (Long Sleeves)

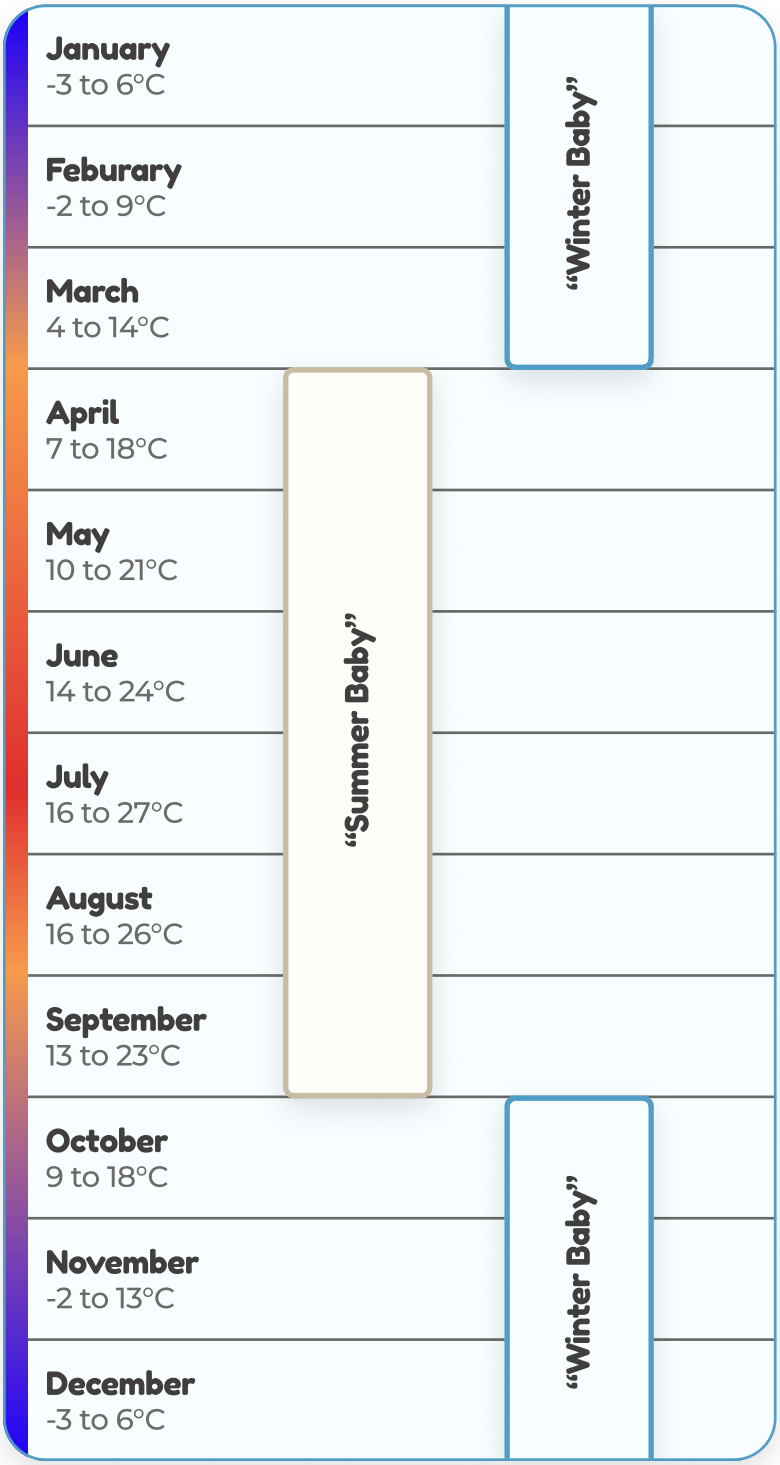
TOP TIP

Even when it is very cold outside, pram covers can be very insulating, so try not to over layer. Also, thick pram suits and bulky outdoor clothing should not be worn in a car seat, as they can affect how safely the straps fit.

Part 03

How many clothes you need (January-December)

The right amount depends less on a shopping list and more on the rhythm of your daily life. Families doing laundry every day will usually need less, while those washing every few days may want a bit more on hand.



What affects how much you need

Laundry Routine
How often you wash clothes

Mess
How many outfit changes your baby usually needs

Drying setup
How quickly clothes dry

Temperature and layering
How often outfits change with the weather

Sizing Considerations

Newborn sizing can be unpredictable. Some babies wear it for a while, while others outgrow it quickly or skip it altogether, so try not to buy too far ahead or too much of one item at a time.

January baby

Jan	Feb	Mar	Apr	May	Jun
-3 to 6°C	-2 to 9°C	4 to 14°C	7 to 18°C	10 to 21°C	14 to 24°C

Newborn First few weeks

Winter

Main pieces

Short sleeve bodysuits	5 to 7
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Pramsuit	1
Socks	3 to 5
Hat & Gloves	1

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Winter to early spring

Main pieces

Short sleeve bodysuits	7 to 10
Long sleeve bodysuits	3 to 5
Sleepsuits	6 to 10

Extra Layers

Pramsuit	1
Socks	3 to 5
Hat & Gloves	1

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

3 - 6 Months Next stage

Spring into early summer

Main pieces

Short sleeve bodysuits	7 to 10
Vest bodysuit	3 to 5
Rompers	3 to 5
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

February baby

Feb	Mar	Apr	May	Jun	Jul
-2 to 9°C	4 to 14°C	7 to 18°C	10 to 21°C	14 to 24°C	16 to 27°C

Newborn First few weeks

Winter

Main pieces

Short sleeve bodysuits	5 to 7
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Pramsuit	1
Socks	3 to 5
Hat & Gloves	1

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Winter into spring

Main pieces

Short sleeve bodysuits	7 to 10
Long sleeve bodysuits	3 to 5
Sleepsuits	6 to 10

Extra Layers

Pramsuit	1

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

3 - 6 Months Next stage

Spring into summer

Main pieces

Short sleeve bodysuits	7 to 10
Vest bodysuit	3 to 5
Rompers	3 to 5
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

March baby

Mar	Apr	May	Jun	Jul	Aug
4 to 14°C	7 to 18°C	10 to 21°C	14 to 24°C	16 to 27°C	16 to 26°C

Newborn
First few weeks

Early Spring

Main pieces

Short sleeve bodysuits	5 to 7
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Pramsuit	1

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months
Early months

Spring

Main pieces

Short sleeve bodysuits	7 to 10
Long sleeve bodysuits	3 to 5
Sleepsuits	6 to 10
Rompers	3 to 5

Extra Layers

Pramsuit	1
Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

3 - 6 Months
Next stage

Late spring into summer

Main pieces

Vest bodysuit	5 to 7
Rompers	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Shorts · T-shirts · Dungarees

April baby

Apr	May	Jun	Jul	Aug	Sept
7 to 18°C	10 to 21°C	14 to 24°C	16 to 27°C	16 to 26°C	13 to 23°C

Newborn First few weeks

Spring

Main pieces

Rompers	3 to 5
Short sleeve bodysuits	6 to 10
Sleepsuits	6 to 10

Extra Layers

Pramsuit	1

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Spring Into Summer

Main pieces

Short sleeve bodysuits	5 to 7
Vest bodysuit	3 to 5
Sleepsuits	6 to 10
Rompers	3 to 5

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Shorts · T-shirts · Dungarees

3 - 6 Months Next stage

Summer into Autumn

Main pieces

Vest bodysuit	5 to 7
Rompers	6 to 10
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Shorts · T-shirts · Dungarees

May baby

May	Jun	Jul	Aug	Sept	Oct
10 to 21°C	14 to 24°C	16 to 27°C	16 to 26°C	13 to 23°C	9 to 18°C

Newborn First few weeks

Spring

Main pieces

Rompers	3 to 5
Short sleeve bodysuits	6 to 10
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Summer

Main pieces

Vest bodysuit	6 to 10
Sleepsuits	5 to 7
Rompers	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Wide Brim Hat · T-shirts · Dungarees · Sunglasses

3 - 6 Months Next stage

Summer into Autumn

Main pieces

Vest bodysuit	5 to 7
Rompers	6 to 10
Sleepsuits	6 to 10
Short sleeve bodysuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Wide Brim Hat · T-shirts · Dungarees · Sunglasses · Bottoms

June baby

Jun	Jul	Aug	Sept	Oct	Nov
14 to 24°C	16 to 27°C	16 to 26°C	13 to 23°C	9 to 18°C	-2 to 13°C

Newborn First few weeks

End of Spring

Main pieces

Vest bodysuit	6 to 10
Rompers	6 to 10
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Summer

Main pieces

Vest bodysuit	6 to 10
Sleepsuits	5 to 7
Rompers	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Wide Brim Hat · T-shirts · Dungarees · Sunglasses

3 - 6 Months Next stage

Summer into Autumn

Main pieces

Vest bodysuit	5 to 7
Rompers	6 to 10
Sleepsuits	6 to 10
Short sleeve bodysuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Wide Brim Hat · T-shirts · Dungarees · Sunglasses · Bottoms

July baby

Jul	Aug	Sept	Oct	Nov	Dec
16 to 27°C	16 to 26°C	13 to 23°C	9 to 18°C	-2 to 13°C	-3 to 6°C

Newborn First few weeks

Summer

Main pieces

Vest bodysuit	6 to 10
Rompers	6 to 10
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Summer into Autumn

Main pieces

Vest bodysuit	6 to 10
Sleepsuits	5 to 7
Rompers	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Wide Brim Hat · T-shirts · Dungarees · Sunglasses

3 - 6 Months Next stage

Autumn into Winter

Main pieces

Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10
Short sleeve bodysuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1

Additional Items

T-shirts · Dungarees · Bottoms

August baby

Aug	Sept	Oct	Nov	Dec	Jan
16 to 26°C	13 to 23°C	9 to 18°C	-2 to 13°C	-3 to 6°C	-3 to 6°C

Newborn First few weeks

Summer

Main pieces

Vest bodysuit	6 to 10
Rompers	5 to 7
Sleepsuits	5 to 7

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Summer into Autumn

Main pieces

Short sleeve bodysuits	6 to 10
Sleepsuits	6 to 10
Rompers	3 to 5

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1

Additional Items

Wide Brim Hat · T-shirts · Dungarees · Sunglasses

3 - 6 Months Next stage

Autumn into Winter

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Socks	3 to 5
Hat & Gloves	1
Pramsuit	1

Additional Items

T-shirts · Dungarees · Bottoms

September baby

Sept	Oct	Nov	Dec	Jan	Feb
13 to 23°C	9 to 18°C	-2 to 13°C	-3 to 6°C	-3 to 6°C	-2 to 9°C

Newborn First few weeks

Early Autumn

Main pieces

Short sleeve bodysuits	6 to 10
Sleepsuits	6 to 10
Rompers	2 to 3

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Autumn into Winter

Main pieces

Short sleeve bodysuits	6 to 10
Sleepsuits	6 to 10
Long sleeve bodysuits	2 to 3

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

3 - 6 Months Next stage

Winter

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Socks	3 to 5
Hat & Gloves	1
Pramsuit	1

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

October baby

Oct	Nov	Dec	Jan	Feb	March
9 to 18°C	-2 to 13°C	-3 to 6°C	-3 to 6°C	-2 to 9°C	-2 to 9°C

Newborn First few weeks

Autumn

Main pieces

Short sleeve bodysuits	6 to 10
Sleepsuits	6 to 10
Long sleeve bodysuits	3 to 5

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Autumn into Winter

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	3 to 5
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1
Hat & Gloves	1
Socks	3 to 5

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

3 - 6 Months Next stage

Winter into early spring

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Socks	3 to 5
Hat & Gloves	1
Pramsuit	1

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

November baby

Nov	Dec	Jan	Feb	March	Apr
-2 to 13°C	-3 to 6°C	-3 to 6°C	-2 to 9°C	-2 to 9°C	7 to 18°C

Newborn First few weeks

Late Autumn

Main pieces

Short sleeve bodysuits	3 to 5
Sleepsuits	6 to 10
Long sleeve bodysuits	3 to 5

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Late Autumn into Winter

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1
Hat & Gloves	1
Socks	3 to 5

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

3 - 6 Months Next stage

Winter into early Spring

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Socks	3 to 5
Hat & Gloves	1
Pramsuit	1

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

December baby

Dec	Jan	Feb	March	Apr	May
-3 to 6°C	-3 to 6°C	-2 to 9°C	-2 to 9°C	7 to 18°C	10 to 21°C

Newborn First few weeks

Winter

Main pieces

Short sleeve bodysuits	3 to 5
Sleepsuits	6 to 10
Long sleeve bodysuits	3 to 5

Extra Layers

Cardigans or Jumpers	1 to 2

Additional Items

Jumpers · Leggings · Long sleeve tops · Dungarees

0 - 3 Months Early months

Winter

Main pieces

Short sleeve bodysuits	6 to 10
Long sleeve bodysuits	5 to 7
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1
Hat & Gloves	1
Socks	3 to 5

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

3 - 6 Months Next stage

Winter into spring

Main pieces

Short sleeve bodysuits	6 to 10
Rompers	2 to 3
Sleepsuits	6 to 10

Extra Layers

Cardigans or Jumpers	1 to 2
Pramsuit	1

Additional Items

Long & Short sleeve tops · Bottoms · Light sweatshirt · Dungarees

What You Need.

The Baby © Method.

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02 Feeding

03 Nappies & Cleaning

04 Health & Grooming

05 Travel

06 Bath & hygiene

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08 Play & Development

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Category 01

Sleep

In those early months, sleep is really about keeping things safe and not overcomplicating it. A calm space, simple routines, and following safe sleep guidance will take you much further than any product ever will.

Sleep space & bedding

Cot or Next to me

Choose a sturdy cot or next-to-me crib that fits your space and setup, and avoid cot bumpers. If you choose a next-to-me, make sure it can be securely fixed to your bed and that the legs fit underneath properly.

Firm or Flat Mattress

Look for a firm, flat mattress that fits the cot exactly with no gaps. Avoid using a second-hand mattress from outside the family, as this can increase the risk of SIDS.

Fitted Sheets

Have around 2 to 4 fitted sheets so you have spares for spit-up and leaks. Make sure they fit tightly and avoid anything loose or baggy on the mattress.

Sleep Sacks

Choose a sleep sack that is the right size and weight for your baby, and the right tog for the room temperature or season. Avoid weighted sleep sacks, and if using blankets instead, make sure they are tucked in securely and sit below the armpits.

Sleep space & bedding Continued



Waterproof Mattress Protector

A waterproof mattress protector can be useful for keeping the sleep space clean and dry. Whatever sleep setup you choose, always place baby on their back for safe sleep.



Moses Basket

A Moses basket can be a useful second sleep space if you want somewhere safe for baby upstairs and downstairs. Some have detachable tops, which can make moving baby around the house easier.

Sleep aides



White Noise Machine

If you want one sound machine, a small portable one gives you the most flexibility for home and on the go. Built-in extras like lights or thermometers can be handy, but do not rely on the temperature reading being completely accurate.



Night Light

A red night light is worth considering because it is less likely to interfere with melatonin. This can make night feeds and nappy changes feel a bit gentler.



Room Thermometer

A room thermometer can be a helpful guide, but treat it as a guide only. Dress your baby based on how warm or cool they actually feel rather than the number on the device.

Sleep aides Continued

Pacifiers

If you want to use a dummy, an orthodontic one is often recommended because it adapts to your baby's mouth shape. It is more about choosing the right style than rushing to buy lots.

Owlet (Dream Sock)

An Owlet is not an essential, but some parents find it reassuring. Just be aware that it can sometimes cause false alarms and extra worry.

Baby Monitor

A monitor is not essential in the early months because baby should sleep in the same room as you for the first six months. It can still be useful if you want extra eyes on baby or value sleep tracking.

Air Purifier

An air purifier may help with congestion, but it is very much an optional extra. It is not something you need to prioritise for most newborn setups.

Blackout Curtains

Blackout curtains can be helpful, but you do not need them. If you do buy them, make sure they actually fit your window properly.

Nursing Chair or Rocking Chair

A rocking chair can make feeds and resettling more comfortable, especially if you spend a lot of time in one room. It is a nice-to-have, not a must-have.

Category 02

Feeding

However you choose to feed your baby, the goal is finding something that works for both of you. It might take a bit of trial and error, but comfort, flexibility, and tuning into your baby matter far more than doing it “perfectly.”

Breastfeeding

Nursing Pads

Nursing pads are useful for catching leaks, whether you choose reusable or disposable. If you go for reusable ones, check they have a backing so milk does not leak through onto your clothes.

Nursing Bras / Bralette

Prioritise comfort and easy access over buying the most expensive nursing bra. A soft bralette often works just as well, especially since heavily padded or structured bras can get in the way of a good latch.

Nipple Cream

Nipple cream can be really helpful for soothing sore or cracked nipples in the early days. If you are already using silverettes, it may be less essential.

Silverettes

Silverettes can be great for soothing and healing nipple trauma between feeds. Many parents find they work best with a few drops of breast milk inside.

Breastfeeding Continued

Nursing Pillow

A nursing pillow can make feeding more comfortable and easier to position, and it is often simpler to wash than a standard sofa cushion. It is not essential, but it can be very practical.

Nipple Shields (Only if breastfeeding is painful)

Only consider nipple shields if you are experiencing pain or latch issues, as ongoing discomfort can sometimes point to an underlying problem, so do not be afraid to seek support. Try not to overuse them, as babies can develop a preference and they may slightly alter milk flow.

Milk Storage Bags

Milk storage bags are only really worth buying if you plan to collect and store milk. They can still be handy even if you are not bottle feeding, since stored milk can be used for things like milk baths.

Milk Collector (Haakaa)

A milk collector is useful if you want to catch let-down from the non-feeding side instead of wasting it. If you are not bothered about collecting leaked milk, you do not need one.

Small Syringes for Colostrum

You do not need to collect colostrum, but some parents like to store some before birth to take to hospital or keep at home. If that appeals to you, small syringes are useful to have.

Bottle Feeding



Bottles and Teats

Choose teats with the right flow rate for your baby's age and feeding needs, and replace them if they show signs of wear. If your baby seems uncomfortable or very windy, it may be worth trying a different bottle rather than assuming feeding is the problem.



Bottle Brush

Keep a separate bottle brush just for baby feeding equipment. Avoid using the same brush as your normal washing up, especially because it may come into contact with allergens.



Bottle Steriliser / Sterilising Equipment

However you do it, bottles and feeding equipment should be sterilised until 12 months. A steriliser is convenient, but tablets, solution, or boiling water can also work, just keep in mind that boiling may wear teats down faster.



Formula

Choose a standard infant formula unless you have been advised otherwise. In most cases, the best formula is one that suits your budget, is easy to get hold of, and works well for your baby.



Insulated Thermos

An insulated thermos is useful if you want to take hot water out with you for making bottles on the go. It is a convenience item that can make outings much easier.

Pumping

Breast Pump

If you plan to pump, choose the type of pump that fits your routine best, whether that is electric or manual. The best pump is the one that feels realistic and comfortable for you to use.

Pumping Bra

A pumping bra is worth having if you want to pump hands-free. It is a convenience item, but for regular pumping it can make a big difference.

Flange

Make sure the flange fits your nipple properly, as the wrong size can make pumping uncomfortable and less effective. This is one of the most important things to get right if you are pumping.

Flange Lubricant

Using a little nipple cream or lubricant on the flange can help reduce friction while pumping. It is a small detail that can make pumping much more comfortable.

Storage Bags

Storage bags are useful if you plan to keep expressed milk for later. They are only worth stocking up on if storing milk is part of your feeding plan.

Accessories

Muslins / Burp Cloths / Terry Towels

Have something absorbent on hand for spit-up and dribble, but it does not need to be a specific baby product. Terry towels are often more absorbent than muslins and can double up for things like nappy changes, making them a more versatile option.

Nursing Cover

You do not need to cover yourself to feed in public, but a cover can help if it makes you feel more comfortable. If you do buy one, look for a style that still lets you see your baby easily.

Bottle Warmer

A bottle warmer is only useful if you want to serve milk warm. Since babies can also have cold milk, this is very much an optional extra.

Bottle Drying Rack

A drying rack helps keep bottles and parts organised while they dry. A portable one can be especially handy if you travel often.

Bibs

Bibs can help catch dribble and spit-up, especially ones with a waterproof backing so clothes do not get soaked. Always remove them before sleep to reduce the risk of suffocation.

Formula Dispenser

A formula dispenser can make feeds on the go quicker and easier. Just keep in mind that formula-making machines are not covered by Department of Health guidance.

Category 03

Nappies & Cleaning

This is one of those areas where simple really does work best. Keep your baby clean, comfortable, and dry, and build a routine that feels easy to manage day to day.

Nappies and cleaning

Nappies (size 0/1)

Do not overbuy newborn sizes, especially if you are unsure what size your baby will need. Small packs of size 0 and size 1 are a safer starting point, since many average-sized babies go straight into size 1.

Cotton Wool

Cotton wool with water is often recommended for the first six weeks because it is very gentle on newborn skin. It is a simple option that works well in the early days.

Pot for Water

A pot of fresh water is useful to keep nearby for nappy changes if you are using cotton wool. It is a basic but practical part of a gentle newborn changing setup.

Wipes

If you want to use wipes, choose water wipes or fragrance-free ones to keep things as gentle as possible. Avoid heavily scented wipes on very new or sensitive skin.

Nappies and cleaning Continued



Nappy Rash / Barrier Cream

A barrier cream can help protect your baby's skin from irritation and prevent nappy rash, especially if used regularly as a thin layer. You do not need to overapply, and if a rash does develop, keeping the area clean, dry, and well-protected is usually the priority.

Disposal and changing station



Nappy Bags

Nappy bags are especially useful when you are out and about, and some appointments may even ask you to take dirty nappies home. They are cheap, small, and worth keeping in your bag.



Changing Mat

You do not need an elaborate changing mat, just one that is practical and easy to clean. A wipeable surface is ideal, and portable or hard-base versions are really just down to preference.



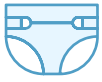
Nappy Caddy

A nappy caddy is useful if you want to move nappies and wipes from room to room. That said, do not feel pressured to buy a fancy one when a simple pile of essentials can do the same job.



Nappy Bin

A regular household bin or outdoor bin is perfectly fine for nappies, so a dedicated nappy bin is optional. If you do want one, buy it for convenience rather than because you think you need it.



Nappy Refill Liner

If you choose a nappy bin, remember to factor in the cost of refill liners. Own-brand versions can work too, but using a normal bin liner may mean losing the twist-and-lock feature.

Category 04

Health & grooming

When it comes to health and grooming, you don't need to overthink it. Gentle care, a few key basics, and trusting your instincts will cover most situations.

Baby care

Calpol / Paracetamol

Baby paracetamol is useful to have in the house once your baby is two months old, especially around vaccinations. It is one of those things you may not need often, but you will be glad to already have if you do.

Baby Thermometer

For babies under five, a digital underarm thermometer is the NHS-recommended option. It is one of the most useful health items to have from the start.

Vaporiser / Humidifier

A humidifier can help with congestion, especially in colder months, but it is not an essential buy. It is more of a comfort item if your baby tends to get stuffy.

Saline

Saline drops or spray can help loosen mucus in a blocked nose. They are especially useful when paired with a nasal aspirator.

Nasal aspirator

Because babies cannot blow their noses, a nasal aspirator can be really helpful when they are congested. It is a practical item worth having ready rather than scrambling to buy when you first need it.

Baby care Continued

Vitamin D

If you are breastfeeding, your baby will usually need a daily vitamin D supplement from birth to one year. The exception is if they are having 500ml or more of formula a day, since formula is already fortified.

Grooming

Baby Nail Clippers / Nail Scissors / Nail File

Babies can be born with very sharp nails, so nail clippers are useful early on to stop them scratching themselves. Just make sure the nail is clearly separated from the nail bed before trimming.

Baby Hair Brush / Comb

Only buy a brush or comb if your baby actually has enough hair to need one. A soft bristle brush suits fine hair, while a comb is better for longer hair.

Cradle Cap Treatment

Cradle cap often clears up on its own, so treatment is optional. If you do want to help lift the flakes, a cradle cap kit can be useful.

Gentle Detergent

You do not have to switch detergents, but if you want to play it safe or notice irritation, a non-bio detergent is a sensible option. It is more about watching your own baby's skin than following a hard rule.

Category 05

Travel

Getting out and about with a baby can feel like a lot at first, but it gets easier quickly. Keep things simple, plan ahead where you can, and focus on what makes both you and your baby comfortable.

Transport gear

Infant Car Seat (Car seat base if needed)

If you are leaving the hospital by car, you will need a rear-facing car seat that is suitable from birth. Check whether it includes newborn inserts or padding for a smaller baby.

Baby Carrier / Baby Wrap

If you want to babywear, choose a carrier that is suitable from birth. A wrap or a more structured carrier can both work, so focus on fit and comfort rather than style.

Stroller / Pram / Buggy (bassinet / full recline)

A travel stroller is worth considering if you want something compact and easier to take away with you. Some are even cabin-friendly, which can be a big plus for flights.

Rear View Mirror

A rear view mirror can help you keep an eye on baby in the car, especially since newborns have heavy heads and weak necks. Position it carefully in the middle seat area and avoid placing anything where it could become a projectile.

Transport gear Continued



Car Sunshade

Sunshades are useful even in winter because sunlight through the car window can still be strong. Choose the style that suits your car best, whether that is a stick-on shade, full window cover, or roller blind.

On the go & travel sleep



Nappy Bag / Nappy Pouch

You need some way to carry nappies and essentials when you are out, but it does not have to be a full changing bag. Even a simple pouch can do the job if it keeps things organised.



Portable Changing Mat

A portable changing mat is useful for nappy changes away from home. It is a simple item that can make changing in public places much easier.



Travel Cot & Mattress

If you travel regularly or stay away from home, a travel cot gives baby a safe place to sleep. Just make sure you still follow the same safe sleep guidance you would at home.



Stroller Accessories (Parasol & Footmuff)

Accessories like a parasol or footmuff can be useful depending on the season, but only if they fit your pram properly. Check compatibility before buying extras.

Category 06

Bath & hygiene

Bath time doesn't need to be complicated, especially in the beginning. Keeping things gentle, calm, and minimal is usually the best approach while your baby's skin adjusts.

Bathing

Bath Supporter / Baby Bath

You do not need a special baby bath to wash a newborn. A bath support can be helpful, but even a clean kitchen bowl can work.

Soft Sponges / Wash Clothes / Cotton Wool

For the first month, keep bathing simple with just cotton wool and water. If you do not want to use cotton wool, soft flannels are a good alternative.

Hooded Towels / Large Towel

A large towel is often more practical than a tiny baby towel because it gives you more fabric to wrap them in and lasts much longer. You do not need hooded towels just because they are marketed for babies.

Baby Bath Thermometer

A bath thermometer can be useful if you want reassurance about water temperature, but it is not essential. Your wrist or elbow usually works well enough too.

Non Slip Bath Mat

A bath mat is more useful once baby starts moving around more in the bath. For a newborn, it is not something you need straight away.

Wash and skin care

Baby Shampoo

Avoid bath products for the first month, and when you do introduce them, patch test first. Look for products specifically made for babies and keep things gentle.

Baby Soap

It is best to stick to plain water only for at least the first month. Avoid adding cleansers or lotions too early, as newborn skin is very sensitive and does not need additional products.

Moisturiser

Moisturiser is not needed in the first few weeks, as newborn skin adjusts naturally and peeling, especially in overdue babies, is normal. If dryness continues, use a gentle, fragrance-free moisturiser and patch test first.

Bath accessories

Bath Toys

Bath toys are not needed for a newborn, so there is no rush to buy them. When you do, avoid toys with holes that can trap water and grow mould.

Bath Kneeler & Elbow Saver

Bath kneelers and elbow savers add comfort when kneeling or leaning over the bath, but they are not essential, a folded towel can do the same job.

Pot to Pour

A rinsing jug or pot is handy for washing baby with clean water rather than reusing bath water. It can also make it easier to rinse their body and hair gently.

Category 07

Clothing

You don’t need a huge wardrobe to keep your baby comfortable. A few easy layers that suit the temperature and are simple to change will go a long way.

Everyday Clothing

10x Bodysuits

Choose a mix of bodysuits based on the season, with vests for hot weather, short-sleeved styles for most of the year, and long-sleeved ones for cooler days and layering. They are one of the most useful basics to build around.

10x Onesies / Sleep suits

Sleepsuits are great for both sleep and daytime wear in the newborn stage because they are simple and comfortable. Zips can be a bit quicker than poppers, but the difference is usually not huge in practice.

Mits

Mittens are handy for stopping baby scratching themselves, especially if their clothes do not have fold-over cuffs. If you do buy separate ones, longer wrist sections tend to stay on better.

Pramsuit / Coat / Cardigan

Pramsuits are useful for keeping baby warm in the pram, but they are not the same as waterproof snowsuits. Cardigans are great for layering, and buying 0 to 3 months rather than newborn can give you better wear.

Everyday Clothing

Bibs

Bibs can be useful for dribble and spit-up, but they are more about convenience than necessity. If you already have some from feeding, you do not need a completely separate stash.

Sun Hat / Wool hat

A hat can be useful straight after birth and then later depending on the weather, with wool hats for winter and sun hats for bright days. Even though babies under six months should stay out of direct sun, a sunhat can still be useful in shaded but bright conditions.

Socks / Booties

If your baby mostly wears footed sleepsuits, you may not need many socks at all. They are more useful for footless outfits or for adding an extra layer on colder days.

Category 08

Play & development

In the early days, play is much more about connection than toys. Talking, holding, and giving your baby time on the floor is more than enough to support their development.

Toys & books

Sensory Cards / Black & White cards

High-contrast cards are a good choice for newborns because their vision is still blurry and they can only see short distances clearly. They are a simple way to support early visual development.

Rattles

A rattle is a useful early toy because it helps with grasping and teaches cause and effect. It is the kind of toy babies can keep enjoying as they grow.

Board Books

Board books are the better option for babies because they are much more durable than paper pages. As your baby gets older, they are far less likely to get ripped.

Teethers / Silicone Tethers

Once your baby starts mouthing and teething, a teether can help soothe sore gums. Different textures and bumps can make them more effective.

Play gear



Bouncer Seat

A bouncer can be handy when you need somewhere safe to put baby while you get things done. Just avoid keeping them in it for long stretches, since floor time is still really important.



Play Mat

A play mat is not essential for a newborn because a blanket works perfectly well for tummy time at first. A larger mat becomes more useful once your baby starts rolling and moving around more.



Activity Gym / Mobile

An activity gym can add entertainment and stimulation during floor time, but it is not something you need from day one. It is a nice extra rather than a core essential.



Tummy Time Cushion

A tummy time cushion can help if your baby dislikes being flat on the floor. You do not need a special one though, as a normal sofa cushion can work just as well.

A letter from Lottie,

There's a lot of noise out there, but you don't need to do it all. Trust yourself, take it one day at a time, and remember, you're already doing an amazing job.

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