



everything you might need
for you and your baby





With over 50 years experience Mothercare understands what it means to be a parent and we know you want to give your little ones the best possible start in life.

We pride ourselves on our customer service, making our stores parent and child-friendly environments, with a team of advisers who can offer knowledgeable unbiased help and advice.

With this in mind we have created this handy checklist for everything you might need during your pregnancy and for your baby's first few months. Ask in store if you need more help and advice on the best products for you.

three easy ways to shop



200+ stores
nationwide



online at **mothercare.com**,
it's our biggest store with
1000s more products and
advice open 24/7



by phone to one of our
customer care team,
7 days a week on
0844 875 5111**



we promise to deliver where & when you choose

order by 4pm* today for next day delivery to home
or office or choose free delivery to collect from any
of our Mothercare stores

*exclusions apply ask a customer service advisor for full terms and conditions

**phone lines are open 8am to 8pm Monday to Saturday, 9am to 5pm Sunday. Bank Holiday times may vary.



recommended

item	my notes
2-3 x maternity support bras	
2 x sleeping bras (use before and after the birth)	
3 x nursing bras (use after birth)	
maternity trousers/jeans	
nightwear	
maternity underwear	
pregnancy pillow	
maternity tops	
maternity dress	
maternity swimsuit	
pregnancy support (belt)	
stretch mark cream	
pregnancy book	
keep sake journal	
baby development book	

nice to have


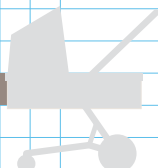
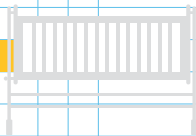
hospital checklist (for a 1 or 2 day stay in hospital)



recommended

hospital bag	
nursing nightwear x 2	
dressing gown	
slippers	
comfortable cotton briefs x 2	
disposable briefs	
maternity towels x 48	
nursing bras	
breast pads x 40	
toiletries/hairbrush	
toothbrush/toothpaste	
towel & face cloth	
newborn gentle wipes	
cotton wool	
nappies - approx 10	
2 x baby bodysuits	
2 x baby sleepsuits	
1 x baby blanket	
infant car seat (essential for first journey home)	
mum - comfortable clothes for going home	
massage oil	
support pillow	
TENS machine	
birthing plan and notes	
coins/money for car park	

don't forget nice to have

		need purchased gift idea	
item		my notes	
	mobile phone & charger		
	drinks and snacks		
	ipod/music		
	camera/camcorder		
	baby clothes (for first 2-3 months)		
recommended	6-8 x sleepsuits		
	4 x wrap-over vests		
	6-8 x bodysuits		
	sun hat		
	2 x soft cotton hats		
	2 x cardigans		
	2-3 x socks (pairs)		
nice to have	2 x scratch mitts (pairs)		
	jacket/pramsuit		
	3-4 x daywear outfits		
	shawl		
	out and about		
recommended	pram / pushchair (suitable from birth)		
	weathershield		
	parasol		
	infant car seat		
	child view mirror		
nice to have	changing bag		
	cosytoe		
	isofix car seat base		
	baby sling or carrier		
	travel cot and mattress		
recommended	sun blinds		
	sleep time		
	moses basket & stand or crib		
	cot or cot bed		
	mattresses*		
	waterproof mattress cover*		
	4 x fitted mattress sheets*		
	4 x flat sheets*		
	2-3 x blankets* (including cotton cellular blankets)		
	*different size needed for crib, cot or cot bed		
	changing unit or cot top changer		
	baby listening monitor		
	room thermometer		
nappy pail and lid or nappy disposal system			



nice to have

item

my notes

need
purchased
gift idea

wardrobe

chest of drawers

cot mobile

swaddling blanket

2 x sleeping bags

blackout blind

nightlight

nursing chair

feeding time

recommended

breastfeeding

3 x nursing bras

2 x sleep bras

easy opening nightwear

breast pads - disposable or reusable

20 x muslin squares

may be useful...

breastfeeding support pillow

nursing tops

breast pump

breast milk storage bags

bottles/steriliser

soothers / dummies

nipple cream / shields / shells

may need

bottle feeding

recommended

6-12 x bibs

4 x bottles

4 x teats

20 x muslin squares

steriliser (steam, cold water or microwave)

formula milk

bottle brush

soothers/dummies

milk powder storage container

steriliser bottle

bottle warmer

bottle storage bag

nice to have

weaning (around 6 months)

recommended

highchair

larger bibs





bowls

spoons

beakers

soothing teethers x 3 for first teeth



		need		purchased		gift idea		
nice to have	item	my notes						
	storage pots							
	splash mat							
	bumbo baby seat							
	food blender							
	weaning guide / book							
	bath and change time							
recommended	disposable or reusable nappies							
	nappy sacks and wipes							
	changing mat							
	top 'n' tail bowl							
	baby sponge & face cloth/s							
	non-slip bath mat							
	baby towels							
	cuddle 'n' dry robes							
	baby toothbrush and toothpaste							
	baby nail scissors							
	baby hairbrush and comb							
	baby bath							
	bath thermometer							
nice to have	nappy cream							
	bath support							
	bath toys							
	baby toiletries							
	aqua pod 6 months +							
	time to play (from birth to around 6 months+)							
	baby activity gym							
	play mat for tummy time play							
	lightweight rattles							
	soft teddies and toys							
	baby books with mirror and textures							
	bouncing cradle or baby swing							
	rattle and teething toy							
	bath toys							
	pram or pushchair toys							
	light and musical toys							
	home safety							
recommended	smoke detectors							
	carbon monoxide detector							
	window catch							
	safety gate/s							
	socket covers							

since 1961

[illegible]