

Preparing for a new baby?

Being a new parent is both exciting and daunting at once. You'll hear so many stories and advice from friends and family. While you're getting ready for probably the best time of your life, here's a nifty checklist we conjured up to help you get ready before your little bundle of joy arrives.

Bringing the baby home

☐ **ROMPER**

*These are easy to put on and take off.
Some superstitions mention using an old romper from another baby makes yours easier to care for*

☐ **HAT**

☐ **MITTENS**

☐ **SOCKS**

☐ **BLANKET**

Don't just keep the baby warm, mummy needs some love too 😊

☐ **MILK BOTTLE**

It's best to bring the baby home between feeds because making milk in the car can get messy! If the trip is long, then make sure you have extra milk in case baby gets hungry!

☐ **CAR SEAT (IF DRIVING)**

☐ **SWADDLE (OPTIONAL)**

Dressing your baby for comfort

☐ **ROMPERS (5-10 PCS)**

☐ **LONG PANTS (5-7 PCS)**

☐ **WRAPS (5-10 PCS)**

These are really easy to put on and take off

☐ **T-SHIRTS WITH SHOULDER BUTTON (5 PCS)**

☐ **MITTENS (7-10 PAIRS)**

☐ **SOCKS (7-10 PAIRS)**

☐ **HAT (2-3 PCS)**

OPTIONAL

☐ **SWADDLE (5-7 PCS)**

Sleepy little baby

☐ **COT**

☐ **BEDSHEETS (2-3)**

☐ **WATERPROOF UNDERSHEETS (3-4)**

☐ **BLANKET (2)**

OPTIONAL

☐ **PACIFIER**

☐ **BABY MONITOR**

☐ **PILLOW**

New born typically don't require a pillow in their first weeks. They also don't turn in their first few months

☐ **SOOTHING MUSIC PLAYER**

Keeps the baby and the mummy relaxed 😊

☐ **SOOTHING NIGHT LIGHTS**

Diaper change

☐ **DIAPERS/ NAPPIES (3-4 BAGS)**

Don't be tempted to buy bigger sizes. A good fit is important to avoid leaks and wet bedsheets. Babies grow fast especially in the first few months so don't over stock up on small sizes too

☐ **WET WIPES (6 OR MORE PACKS)**

These will be your best friends for years to come. So stock up all you can

☐ **TISSUE (LOTS!)**

Keeping the butt dry is very important

☐ **NAPPY RASH CREAM**

Apply thinly on the entire bum to avoid redness

☐ **TALCOM POWDER**

☐ **COTTON PADS**

☐ **COTTON BUDS**

☐ **CHANGING PAD/ STATION**

Breast feeding the hungry baby

FOR BREAST-FEEDING MUMS

No one gets it right the first time, no matter how many books you read or videos you watch. It's important to stay hydrated, rested and relaxed for milk to generate. If milk doesn't flow, complementing with bottle feed is normal. Here are some things that'll help make it easier and less messy

☐ **NURSING BRA / TOPS (4-5)**

These are real convenient.

☐ **NURSING PADS (2 BOXES)**

They soak up excess milk when the baby doesn't need them. Remember when the baby feeds on one side, milk will flow from both so nursing tops and pads help prevent a huge mess!

☐ **BREASTPUMPS**

If you have a sleepy baby, chances are the milk will build up, causing pressure and pain for mummy. Pumps help relief the pressure and prevent mastitis ☺

☐ **HANKERCHIEFS (10-20)**

Keep these under baby's chin while feeding and burping. Remember, babies throwing up milk is completely normal and typically means they're full

☐ **MILK BOTTLES (1-2)**

☐ **BOTTLE BRUSHES**

☐ **STERILISER**

for the bottles and pacifier

OPTIONAL

☐ **BOTTLE RACKS**

Really useful for drying bottles though

☐ **NURSING PILLOW**

Bottle feeding the hungry baby

FOR BOTTLE-FEEDING MUMS

Not breastfeeding doesn't make you a bad mother so don't let anyone guilt-trip you into thinking so. Lots of us were bottle fed and we grew up healthy and strong and smart too ☺

☐ **MILK POWDER (1 TIN)**

Ask your hospital what brand they're using and its best to use the same to reduce chances of stomach upset for lil baby'o

☐ **MILK BOTTLES (3-6)**

☐ **HOT WATER FLASK**

@ 4am when you or your spouse need to wake up and make milk, these flasks certainly beat waiting forever for water to boil

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☐ **BOTTLE BRUSHES**

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OPTIONAL

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Really useful for drying bottles though

☐ **NURSING PADS (1 BOX)**

Trust me, you'll be needing some

☐ **BREASTPUMPS**

You won't need to invest in expensive ones but having one does help relief built up pressure that could turn into mastitis

Caring for baby's health

☐ **THERMOMETER**

You'll be using this for years, so go for a good one so it's more accurate. Forehead scan thermometers are useful for babies

☐ **BUCKET & SOFT TOWEL**

In case of high fever, useful for sponging

☐ **MOSQUITO GUARDS**

If you stay in an area that's prone to mosquitos or would like to bring your baby to the park for a walk, this would be useful. Note: some kids might be allergic to the venom and develop blisters from the bites

☐ **CREAMS FOR INSECT BITES**

☐ **CREAMS FOR MILK RASH**

If you find tiny red spots on your baby's cheeks, it could be milk rash.

OPTIONAL

☐ **HUMIDIFIER**

If your baby is sleeping in an air-conditioned room, this keeps the air moist

☐ **AIR PURIFIER**

So useful especially during haze or if you have furry friends at home

Around the house

☐ **DAY BED**

A smaller bed is useful so the baby can spend some time outside in the hall or somewhere near you while you watch Netflix or cook up a meal

Bathing your baby

☐ **BATH TUB**

It'd be good to check if your hospital will be handing this out as a gift

☐ **BABY SHAMPOO**

There are many brands available in the market, designed to be mild on baby's scalp and eyes

☐ **BABY BODYWASH**

☐ **SMALL CONTAINER**

These are useful to scoop up water when you're washing the baby's hair

☐ **BATH TOWELS (2-3)**

☐ **TALCUM POWER**

OPTIONAL

☐ **BATH TOYS**

Your baby won't be needing it until a few months later when he/she begin gaining motor skills

Day out with baby

☐ **BABY CARRIER**

Babies typically gain neck control around 4 to 5 months so if you're getting a baby carrier, be sure to find one suitable for new born. A carrier frees your hands and makes it easier to walk through crowded places

☐ **BABY STROLLER**

There are so many choices; some offer a bigger storage space, some offer accessories for newborn and toddler seats, some open and close with one click.

☐ **BABY BAG**

These can get heavy easily so while sling bags look good, backpacks offer a more ergonomic structure for the parent's back. Also consider the compartments available to segregate milk, water bottles, diapers, tissues, toys, clothes etc

☐ **BLANKET**

OPTIONAL

☐ **MOBILE FAN**

☐ **RAIN COVER**

Other bigger decisions

Watching a new life grow is an amazing and life changing experience. Sometimes, it triggers us to reflect on our life, our lifestyle and the plans we've made for the future. Here are some of the major decisions most new parents think of.

Buying a House

As a new parent, many would begin to evaluate if the existing living environment is suitable for the growing years of a child. Do they have space to move around the house? Are there safety concerns like an open-air balcony or stairs or sharp corners in the house? Does the area around the house offer clean air, childcare facilities, schools or medical facilities? Are you staying near your family or friends so support is available when needed? In some cases, some parents also consider if the country they're in is ideal for bringing up a child.

Getting a Life Insurance

Being responsible for another life is a huge responsibility. The emotional and financial support a parent would give to a child extends from the time they're born until they finish school and gain independence. Savvy parents would typically consider getting a life insurance to protect their spouse and babies financially, instead of worrying over all the "what ifs" life might throw at us. A term life insurance in this case offers affordable coverage over a fixed term say for example 20 years, to safeguard a child's growing and dependent years.

Setting a Will

Whilst optional, it's often good practice to rethink how you might want to divide your assets or the custody of your child, should the unfortunate happen. Having a documented will ensures that your wishes are executed in the manner you think best for your child.