

PREGNANCY

The Ultimate Baby Checklist

SPECIAL ISSUE!

All the ESSENTIALS



On the go




Nursery



Best buys

Everything you need for...

- ★ PREGNANCY STYLE
- ★ HOSPITAL
- ★ NAPPY CARE
- ★ BABY'S WARDROBE
- ★ BATHTIME
- ★ FEEDING

PLUS Travelling with your newborn 

SUE 2
australia
\$18 (inc GST)
nz Zealand
\$20 (inc GST)

NO LIVING

acp



WIN* A designer nursery & pram worth \$5100+

Open to Australian and New Zealand residents only. Conditions apply. See page 171.



Pyjama party

Putting on their PJs means they're freshly bathed and ready for bed ... it's the dreamiest time of the day



Sleepwear shouldn't be too hot, cold, tight or loose. Onesies or long johns tick all of the boxes, especially as some mums find two-piece PJs can ride up and leave the lower back exposed. Others love that two-piece sets allow faster access for nappy changes. Sleep suits, which have sleeves at the top and an open sleeping bag at the bottom, and jumpsuits (a thicker onesie) are also comfy alternatives.

BOYS **1** \$34.95, Snugglybum (snugglybum.com.au). This summer romper has press studs for easy access. **2** Top, \$34.95, and Shorts, \$24.95, both Bonds (800 094 321). A larger neckline makes it easier to pop on bub. **3** Top, \$29.95, and Shorts, \$22.95, both Gula Organic Cotton (gulaorganiccotton.com.au). Cute and stylish nautical stripes. **4** \$42.95, Nuckleberry Lane (nuckleberrylane.com). Mix-and-match tops and bottoms. **5** \$22.95, Merino Kids (merinokids.com.au). A two-piece set in classic stripes. **6** \$39.95, Quebie & Me (quebieandme.com.au). Long-sleeved and footed onesie perfect for night-time visits. **GIRLS** **1** \$24.95, Snugglybum (snugglybum.com.au). The press studs at the neck and legs make it easy to pop on and off. **2** \$34.95, Snugglybum (snugglybum.com.au). Cute two-piece set to keep bub cool and comfy in summer. **3** \$44.95, Ribena Pure, available at Sootyribababy (sootyribababy.com.au). Kimono-style set with a ribbon tie. **4** \$21, Target (1300 128 000). Footed pyjamas keep legs and tummy covered. **5** \$35.95, Baby by Minibaby (08 9832 4832). Great for the cooler seasons and you can swap the top with a singlet when it gets warmer. **6** \$49, Baby Mead Miles Mum (www.babymeadmiles.com). Made from breathable cotton with elasticised wrists and ankles to help them stay put. **0121**

Nursery school

Turn your nursery into a safe haven for your little one with these tips

- 1 Check the bars of the cot are the correct distance apart, no less than 2.5 centimetres and no more than five centimetres. Cots with slide-down sides make it easier to pick your baby up.
- 2 Before using second-hand equipment, check everything is in good working order: tight screws, no splintered wood, dirt, mould or dust.
- 3 It's important to make sure the mattress fits snugly in the cot so there's no chance of it shifting and tangling around the baby.
- 4 Don't put a pillow or quilt in the cot. A firm and flat surface is best.
- 5 Simplify the baby's surroundings. Don't hang anything, such as curtain cords (or blinds), toys, art work or mobiles, in reaching distance. Also make sure pictures and bookcases are secure.
- 6 Position the cot away from direct sunshine, windows and lamps to ensure an undisturbed sleep.
- 7 To reduce the risk of SIDS (sids.org.au), it's important not to overheat the baby. A room thermometer can be handy, but being connected with the way your baby is feeling is important. Check bub by putting your hand on their chest. If it's warm, they're OK. But if their face is red or they're sweating, remove clothing and bedding.
- 8 Choose soothing colours: blue and violet for relaxation; pink is the colour of love; and green is associated with nature and serenity. White represents clarity and works well with bright accents.
- 9 Place a working smoke detector in or near the baby's room and cover all electrical outlets with plug protectors.
- 10 In case bub chews on it while teething, the cot should be non-toxic. Covers for the rails can be bought from most baby stores. **CSNO**

Baby bedding sizing chart

Bassinet sheet fits

Bassinet 55 x 75cm

Cradle sheet fits

Cradle 49 x 82cm	Jumbo Crib 45 x 85cm
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Cot sheet fits

Standard cot 62 x 130cm	Large cot 76 x 131cm
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"I'm a star, baby!"

Finn, 4 months, wears
PYJAMAS: \$29.95, Snuggleson
(snuggleson.com.au).
QUILT: from \$127, Sirocobhome
(sirocobhome.com.au).
BLANKET: \$80, Third Drawer
Down (thirddrawerdown.com.au).
RUG: \$99, Freedom
(freedom.com.au).