

NURSERY CHECKLIST

Sleep Time

- Moses basket & stand or crib. These fit nicely next to your bed and provide baby with a safe and secure place to snooze.
- Cot or cot bed - look for the British standard mark BS EN 716-1 a cot bed's sides can be removed and turned into a toddler bed which allows you to use it for longer than a cot.
- A firm mattress that fits the cot with no gaps around the edges so your baby can't trap their head
- A waterproof mattress protector
- Fitted mattress sheets x 4 at least, depends on your baby and how often you plan to do laundry
- Flat sheets x 4 put them on top of baby up to baby's shoulder height and put cellular blanket over that and firmly tuck in.

NURSERY CHECKLIST

Sleep Time contd.

Cellular blankets x 2 or more but you'll need different sizes for crib, cot or cot bed.

Baby sleeping bags x 2 as an alternative to the top sheet and blanket as some babies kick these off really easily.

Night light or gro clock. More for you not to stub your toe in the middle of the night than for baby who won't develop a fear of the dark for a year (if ever). These days there are many available, some are part of the baby monitor, or have white noise or music.

Baby monitor I loved being able to see my baby all safe and cosy in his cot and it helped me to get more sleep as I could see what the noises he woke me with were for. There are so many different ones on the market, the right one is out there for you.

Blackout blind or curtain to keep the sun out during daytime naps and early summer mornings

NURSERY CHECKLIST

Baby Changing

Make a baby changing station top of drawers, cot top changer, special changing table or unit

Changing mat to keep it all sanitary!

Nappy disposal bin some people think this is a waste of space and money, but for me it was essential! It really kept the smell at bay.

A hanging toy or mobile over the changing table helps to keep baby's attention and helps make nappy changing time more fun for everyone

Storage for nappies, wipes, creams, fresh clothes - all the bits you might need as you can't leave a baby on a changing table to get something from across the room. This is where baskets and little boxes come into their own

NURSERY CHECKLIST

Getting Dressed



Wardrobe some might argue against the need for a wardrobe but I found it very useful, all the spare nappies and muslin squares and clothes and wipes were stored in it and we still have the same wardrobe for him now

Chest of drawers for all the clothes, linens, blankets and muslins you will accumulate

NURSERY CHECKLIST

For mama



A comfy chair to make night time feeds much easier and to have cosy story time. This could be a rocking chair, armchair. Think about the height of the arms of the chair as this can affect your breastfeeding position. I'd highly recommend a breastfeeding doughnut style cushion too.



A side table within reach of the chair for your phone, drink, medicine, book and anything else you might need while breastfeeding. Mine would feed for an hour and I couldn't move so be prepared!

Storage to organise everything from clothing, to toys, little knickknacks you inevitably are given, extra nappies and wipes. I love the versatility of boxes and baskets on shelves as they can be used for everything from muslins to train tracks to nappies to dirty laundry. And most importantly they are easy to rummage through one-handed whilst your are holding your bundle of joy.

NURSERY CHECKLIST

For Mama Contd.

Photo frames for all the cute firsts

Artwork and styling so that you are happy to spend time in there. Colourful artwork also helps baby's developing vision and curiosity. Photos and art on the wall, rugs, cushions all pulled together to make an inviting cosy room will help keep you calm and centred and baby interested.

Notes

The NHS recommends that baby sleeps in your room on their back for the first 6 months so getting everything for the nursery before baby is born is not strictly necessary though it does pay to be prepared and organised. So getting the main pieces of furniture and the layout sorted before baby's arrival is a good idea, that way you can store any gifts you receive for baby in their nursery ready for them to arrive.

Remember to put baby to sleep on their back to help reduce the risk of SIDS. Also do not use pillows or a duvet until the baby is at least 1 years old. Cot bumpers are also not recommended by the NHS.

A changing table is not strictly what you need to buy. Drawers can double up as changing tables once you put a changing mat and containers of the necessaries nearby, just remember to secure it to the wall to be safe while baby is lying on it. I used a clever bookcase from Ikea with a detachable baby changing table shelf, so that when baby is out of nappies you can take the shelf off and use it as a bookcase.

It is essential to be able to make a baby's nursery dark so blackout curtains or blinds are a total must.

Under bed storage if space is limited is a great place for storing your bulk- bought nappies and wipes.

At a minimum I think a baby needs a set of drawers with a changing mat and containers on top, a cot bed, a bookcase with storage baskets and cubes for the first year. You can then add in a wardrobe and more toy storage as they grow.

As sleep is arguably the most important thing, start with the cot when planning your baby's room and build your nursery around it.

Good luck and I hope you enjoy creating a special room for your new arrival. Best Wishes, Dominique