

New Baby Buying Guide

www.bamboo-baby.com

Pushchair:

This is one of the most expensive things you need to buy for your baby but also one of the most essential. If you live in the country and love getting out and about an all-terrain buggy is the thing for you. According to Which? the best three-wheeler is either the Mountain Buggy Urban or the Quinny Speedi SX (both have great handling on all terrains and can be fitted with a carrycot or Maxi-Cosi car seat instead of the seat unit). The best four-wheeler is the Quinny Buzz 4, although this buggy is bulky and heavy. For a cheaper alternative, if you live in a top-floor flat or if you need to be able to get your pushchair on and off the bus either the Chicco Multiway or the Maclaren Volo are also highly rated.

Car Seat:

An absolute essential as by law you must secure your baby safely in the backseat of your car with a Group 0/0+ car seat. The Maxi Cosi Cabriofix child car seat is designed for babies from birth to 13kg (about 12 months). It is probably the most popular of all infant carriers in the UK as it fits onto many makes of pushchair to use as part of a travel system.

Options for Baby's Bed - The First 3-6 Months

Our Top Choice - Baby Hammock:

Why we like them: There is no doubt about it, parents who use baby hammocks all attest to getting a good night's sleep. We like the MIYO baby hammock (www.miyobaby.com).
Benefits:

1. Baby hammocks provide your child with a cradled environment, which feels similar to being in the womb. The familiar feeling provides a sense of security for your baby and promotes a settled sleep.
2. A baby hammock helps to evenly distribute your baby's weight, causing less stress on muscles and joints, minimizing the risk of 'flat head'.
3. Baby hammocks naturally cause baby to sleep with their head slightly elevated. This is particularly helpful for babies with reflux.
4. Properly designed hammocks keep babies sleeping on their back - the safest sleeping

5. position for babies.
5. Baby can be easily settled back to sleep by a gentle swinging of the hammock. As baby grows and begins to wiggle on their own, the movement of the hammock means baby will often settle themselves back to sleep.
6. Baby hammocks are completely portable. No matter where you are staying, baby gets to sleep in their own familiar bed. They are lightweight and take up less space than a traditional travel cot.

Moses Basket:

Moses baskets provide a secure, lightweight and cosy sleeping environment for your baby. Most baskets are made from palm or wicker. Wicker baskets tend to be the most long-lasting. Moses baskets have carrying handles so that you can move them easily from room to room. The main benefit of a Moses basket is that it is easily portable so you can have baby downstairs with you for naps, whereas if your little one goes straight into a cot it would most likely not be in the same room as you for daytime naps. The Foundation for the Study of Infant Deaths (www.fsid.org.uk) is the UK's leading baby charity aiming to prevent unexpected deaths in infancy and promote infant health. The latest advice from them is that your baby should have all their sleeps in the same room as you for the first 6 months. This includes day and night sleeps. (We like baby hammocks for the same reason).

Crib/Cradle:

Cribs and cradles are usually made of wood. They provide a smaller sleeping environment for a young baby than a cot and have the additional feature of a rocking or gliding action. However, they are not easily portable.

Options for Baby's Bed - From 3-6 Months Onwards

Cot:

Your little one will sleep in this until they are big enough for their very own bed.

Factors to take into account when buying a cot:

1. Safety. Cots should carry the British Standards Institution (BSI) number BS EN

2. Whether the cot can be converted into a toddler bed. Some cots are extendable or have the handy knack of fully transforming into a bed when your tot no longer needs the protective bars of a cot. These are a practical buy as they offer a bed for all stages from birth to toddler-hood and beyond, saving you money in the process. Cot beds are larger than cots. You'll need to buy a cot-bed mattress rather than one designed for a cot
3. Whether the cot has a drop side.
4. Ease of using height-adjustable base.

Cot Safety:

- The recommended room temperature for a baby to sleep in is 16-20°C, use a room thermometer to check the temperature before putting your baby to bed.
- The safest position for your baby to sleep in a cot is on their back, not on their front or side.
- Your baby should be positioned with their feet at the foot of the cot.
- The cot bedding should be securely tucked in and made up to come no higher than your baby's shoulders.
- Keep the cot in a room with you for the first six months.
- Keep the cot out of direct sunlight.



MIYO
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Mattress, Mattress Protector & Sheets:

Whichever option you choose for baby's bed, you will need a mattress that fits the bed as well as a mattress protector. Beds can be bought second hand but it's always best to buy a new mattress. You can buy natural fibre mattresses from Natural Mat, a lovely British company who use organic materials to make their mattresses (www.naturalmat.co.uk). Buy a set of sheets that can be fitted to the mattress - these are simple to put on and are safer for baby as they'll prevent any ends from creeping up and into the bed. The Cot Mattress Company (www.cotmattress.com) sell a range of bamboo sheets for different sized mattresses.

Nappies:

Reusable nappies - We love Tots Bots reusable nappies (www.totsbots.com). Their Easyfit birth-to-potty nappy has an integral waterproof outer and is as close as cloth gets to a disposable. Their website also has some great instructional videos to help you get to grips with using cloth nappies.

What you'll need:

- Easyfit Birth-to-potty Set (20 x Easyfit white nappies, 4 x boosters, 200 x flushable liners)
- Accessory kit (bucket, 2 x laundry mesh, wet nappy bag, 200 x flushable liners, 1 x 1kg bag of Potion nappy wash)

Eco-disposable nappies - You'll need at least one pack to get started. Eco-disposables contain biodegradable materials, giving you the convenience of a disposable without all those land-polluting chemicals. They contain less chemicals and so are much better for baby's skin too. Moltex Oko nappies get great reviews, although you need to buy them online (available from www.naturebotts.co.uk). Most of the major supermarkets sell the Nature Babycare nappies and Sainsbury's now do their own range of eco-disposables. Remember though that anything you throw in the bin will wind up in landfill with lots of other rubbish and be compacted so tightly that oxygen may not be present to allow bacteria to biodegrade the

product. Just because something is biodegradable, doesn't mean it will biodegrade and for eco-disposables to biodegrade they should be composted. The materials used to make these eco nappies are more environmentally friendly than the materials used for conventional nappies so still a better option overall.

Changing Mat & Changing Table:

A changing mat is essential if you want to avoid getting poo on the carpet! They are also very useful for when you're on the go. Modern options are relatively inexpensive and you can buy some great wipe-free fabric options that fold down to a minuscule size for trips out. You'll also need a set of wipes or cotton wool and water to clean your baby's bottom. Although not essential there are some lovely changing tables that double up as a chest of drawers. John Lewis and Mamas & Papas have a good selection.

Clothes:

Baby Bodysuits & Babygrows - these will be your baby's staple wardrobe for the first few weeks, so it's worth stocking up before the big day. You'll need around 6 short sleeve bodysuits, 6 long sleeves bodysuits and six sleep suits/babygrows for them to wear at night (useful for the day too). Check there are poppers at the crotch for quick and easy nappy changes. To prevent skin rashes or outbreaks of eczema, stick to organic cotton. See our fab basics (www.bamboo-baby.com). Our basics range is made in England from organic cotton and are made without labels at the neck so they won't irritate your babies delicate skin. Scratch mittens are a good idea too to prevent them scratching themselves in the first couple of weeks.

You'll also need 4-6 day outfits and 2-3 cardigans, a jacket and a few pairs of socks. Check out our gorgeous bamboo knitted bodysuits, which for day outfits are a bit more special than your average cotton bodysuits, and our cardigans (www.bamboo-baby.com).

And finally, if your baby is arriving in the winter a warm winter snowsuit with hat and booties will keep them warm whilst out and about.

Blankets:

One or two blankets will suffice to keep your baby warm whether at home or on the go. Our knitted bamboo blankets (www.bamboo-baby.com) are

really luxurious and come in lots of lovely bright colours. Measuring 125cm by 75cm they are great for the pram or for simply laying baby down on and your baby will love the super soft and silky texture.

Swaddling:

Swaddling is the practice of snugly wrapping a lightweight blanket around a baby to help calm, soothe and comfort them and encourage sleep. It works by mimicking the conditions in the womb, providing warmth and a slight resistance to movement. Swaddling is clinically proven to help babies remain asleep safely on their backs, while also reducing the effect of the Moro reflex, which is the tendency for newborns to startle themselves awake by suddenly moving their arms. It can also help ease the discomfort of colic in the early weeks. Swaddling is recommended by Midwives. Merino Kids (www.merinoKids.co.uk) do a gorgeous range of swaddle blankets made from lightweight merino wool and Aden + Anais (www.adenandanais.com) have a fab range of bamboo muslin swaddles. Never swaddle in anything heavy as this could lead to your baby overheating, its best to choose something specially designed for the job.

Feeding equipment:

Breastfeeding is best for your baby and the most cost effective option. You'll need:

- Breast pads
- Nipple cream
- If you plan to express then you'll also need a breast pump, a selection of bottles, and a steriliser.



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Baby Sleep Bag:

Popular nowadays are baby sleep bags/gro-bags (95% of UK parents choose these over sheets & blankets). A baby sleep bag is a “wearable blanket” designed for babies to be used instead of traditional bedding. Baby sleep bags have a neck opening and armholes and are worn by the baby to help them stay at the right temperature through the night without the problem of traditional blankets and sheets being kicked off or getting tangled up. The Gro Company (www.gro.co.uk) produce an organic cotton baby sleep bag. They were the first to produce baby sleep bags in the UK and are the brand recommended by the FSID. Baby sleep bags come in different tog ratings to suit the seasons so always check that you're buying the correct weight for the time of year your baby is due to arrive.

Highchairs:

You won't need to consider one until your baby is ready to be weaned. We love the classic design of the Stokke Tripp Trapp chair, which can be adjusted to the height of the child. Although not cheap, these chairs are a great investment as will last your child through from newborn till teenage years (www.stokke.com). There are also some great portable high chairs on the market.

Sling:

Slings are supposed to help with bonding, reduce the amount babies cry, make babies feel more secure and are also brilliant for those times when your baby wants to be carried but you need your hands free. If you are trying to get your baby into a routine and don't want them to sleep all day and be up all night slings might not be a good idea as new babies will invariably go straight to sleep the minute they are put in the sling. The classic baby carrier is the Baby Bjorn (www.babybjorn.co.uk) and for a soft sling option the Kari Me (www.kari-me.com), the Sleepy Wrap (www.sleepywrap.com) or the Baba Sling (www.thebabasling.com) all get good reviews.

Baby monitor:

If your baby is going to be sleeping in your room for the first few months, monitors really serve no purpose as you're guaranteed to hear them when they wake. If you can wait until you're

ready to move them into their own room, it will give you extra time to shop around for a good value model with all the features you require.

Baby bath:

Baby baths will only last your baby a few months before they go into the big bath. Your money is probably better spent on a much cheaper support seat that keeps your baby safe during bath times. John Lewis and Mothercare stock these bath support seats.

Cuddledry Towel:

Not absolutely essential but will make bathing your little one a lot easier. The Cuddledry Towel (www.cuddledry.com) is made from bamboo fibre and since bamboo is 60% more absorbent than cotton and gorgeously soft too it makes the perfect towel!

Baby shampoos and body washes:

For the first few months plain water is best as your baby's skin is very sensitive. Once you are ready to buy some baby toiletries, opt for an organic range that does not contain any parabens or phthalates. We love the ranges by Organic Babies (www.organicbabies.com) and Green Baby (www.greenbaby.com) but there are lots of brands out there nowadays.

Bouncy chair:

Not essential but many parents swear by them as most babies tend to be content whilst sitting in them and allows you a bit of hands free time! The Baby Bjorn do classic baby bouncy chairs (www.babybjorn.co.uk) but Stokke also do a great product called the Bounce 'N' Sleep which is a flexible daybed and bouncer combined (www.stokke.com).



Merino Kids

www.merinokids.co.uk



Cuddledry Towel

www.cuddledry.com



Stokke Tripp Trapp Chair

www.stokke.com