

# Sarah Carpenter Sleep

## Baby & Child Sleep Expert

### Before Baby Arrives – Home Preparation Checklist

#### Sleeping/Nursery Setup

- Cot Bed, crib or Moses basket with a firm flat mattress – For the first 6 months it is recommended baby is in the same room as you, so a [Next-To-Me](#) or [Moses](#) basket can be helpful as they are easy to move room to room
- [Baby Bjorn Travel Cot](#)
- 2 – 3 fitted sheets – appropriately sized for your chosen product
- 2 Cellular blanket- [Baby Mori cellular Blanket](#)
- Drawers with a changing table top
- Baby monitor – [Nanit](#) is my favourite
- Night light or dim lamp for night feeds, [Tomee Teepee GroEgg2](#) also includes a room thermometer
- Noise machine – [Hatch](#) Rest Go portable sound machine or [Dreamegg](#) White Noise Machine
- Swaddle and sleeping bag (0.5 – 2.5 tog depending on season) – [Aden + Anais](#) swaddle blankets and [Halo](#) Baby Sleeping bag swaddle
- [Snoozeshade](#) for pram and cot- These are fantastic covers to enable solid sleep at home, on the move, and when travelling
- Comfortable chair for feeding
- Blackout blinds for windows
- Your choice of comforter for baby in the future, pick something you can replace easily eg small muslin, or a sleep safe comforter toy you can purchase multiple off eg [Elodie Comforter](#)
- [Baby Bjorn Bouncer](#)
- [Stokke Tripp Trapp With Newborn Set](#)
- Black and White toys are recommended for babies as their eyes and brains are still developing-[Black and White Book](#), [Tiny Love Play Gym](#)

#### Sarah's Top Tips

- Grab yourself a copy of [Sleep Better Baby](#) to read whilst pregnant and then dip in and out of once baby has arrived

#### Changing Station

- Changing mat or table (mat on the floor is fine)
- Nappy - starter pack don't overstock until you know how big baby is
- Baby wipes and cotton wool and water ([Water Wipes](#) wipes/large, square cotton wool pads)
- Barrier/nappy cream – Desitin or Bepanthen
- Nappy bin or disposal bags
- Caddy or Storage basket for essentials
- Disposable changing mats
- [Mustela no rinse cleansing water](#)

#### Sarah's Top Tips

- Use a towel on your changing mat to keep baby cosy and make clean ups easier.
- Always make sure your changing unit is well stocked before bedtime
- Have a packet of antibacterial wipes in your set up to keep the area clean as you go

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### Feeding Essentials

- **Breastfeeding-**  
Nursing Bras  
Breast pads  
Nipple cream  
Breast pump - Elvie hands free or hospital grade pump eg [Spectra](#) or [Medela](#) and a [haakaa](#) portable breast pump  
Breast milk storage bags for fridge and freezer  
[Silver](#) nipple cups- Can be used all the time however especially good for cracks and pain  
[Lansinoh](#) hot and cold breast therapy pads  
Breast feeding tops/vests for Mum
- **Bottle feeding-**  
Bottles – [Mam](#)(anti colic self sterilising) or [Nuk](#)(First Choice+)  
Teats in bigger sizes (Both Mam and Nuk will come with size 1 teats, having size 2 ordered and ready saves any hassle when baby is ready to move on)  
Steriliser(my favourite basic steriliser is the [Nuk Micro Express Plus](#), and for a more high tech experience the [Baby Brezza Baby Bottle Washer Pro](#) - this washes, sterilises and dries everything)  
[Nuby Rapid Cool](#)- Great for cooling milk on the go  
[Baby Brezza Pro Advanced Formula Dispenser Machine](#) or [Tommee Tippee Perfect Prep Machine](#)-  
Mam and Nuk bottles work with both machines  
[Dr Browns](#) bottle brush  
Formula – Kendamil (depending on location)
- Muslins (12 minimum)
- [Milton](#) or [Nuk](#) bottle/pump cleaner
- Flask or water bottle for hydration/snacks for parents

### Bathing & Baby Care

- Baby bath or bath support insert – [Angel care bath support](#), [baby travel bath](#)
- Soft towels (hooded if preferred)
- [Mustela](#) or [Aveeno](#) baby wash products
- Soft washcloths or natural sponges
- Baby nail scissors or file
- Bath thermometer
- [Braun Digital Forehead Thermometer](#) – Easier to have a forehead thermometer for checking when baby is sleeping
- First aid kit for baby (saline spray, paracetamol, baby ibuprofen, olbas oil, snufflebabe, teething gel.)
- Humidifier- [Babymoov 3n1](#)

### Sarah's Top Tips

- Bathtime can feel very overwhelming for small babies, help them feel more warm and secure by placing a muslin cloth across their tummies and chest
- Keep bathtime nice and short even if baby is enjoying themselves a cold baby finds it harder to regulate after bath
- Always have a spare towel close by, a baby's favourite thing to do is come out the bath and pee on the first towel
- You do not need to bath every day

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### Clothing & Laundry

- 8 (minimum) sleepsuits (babygrows) – [Magneticme](#) wash well and make changing super easy
- 8 (minimum) vests (bodysuits) as above- Magneticme or [Baby Mori](#)
- 2 cardigans or lightweight jackets
- Mittens, socks, hats (season appropriate)
- Baby laundry detergent (non-bio or gentle)
- Laundry basket for baby clothes
- [Clar De Lune Star Blanket](#) or [Pram Suit](#)

### Out And About

- Car seat (rear facing, installed before due date) – [Joie i-Spin 360](#) , or Joie i-Spin [Joie i-spin Multiway Car Seat](#)
- Pram/stroller – [Uppababy Vista](#) [Yoyo Baby Zen](#) for frequent travel
- Sheepskin pram insert fantastic for all climates, [binibamba](#)
- Baby Carrier- [Ergo 360](#)
- Baby mirror installed in car-[Unbreakable Car Mirror](#)
- Baby Fan for pram-[Jisulife stroller fan large](#)

### For Mum's Postpartum Recovery At Home

- Maternity pads (stock up with a few packs)
- Comfy underwear (high waisted cotton or disposable)
- Nursing bras and breast pads
- Pain relief (as approved by midwife/GP)
- Snacks and easy meals ready in the freezer
- Reusable water bottle (hydration is key)

### Sarah's Top Tips

- Have hospital bag packed by week 36 and baby items washed by week 37
- Set up a small baby changing area both upstairs and downstairs
- Do a freezer meal prep for the first 2-3 weeks postpartum
- Install and test your car seat at least 2 weeks before your due date
- Keep important documents and contacts organised and easy to access eg GP, Obstetrician, Midwife.

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### Hospital Bag Essentials Checklist

#### For Mum – Labour & Delivery

- Hospital notes/Maternity folder
- Birth plan (if you have one)
- Photo ID and hospital paperwork
- Phone & long charging cable
- Hair ties or clips
- Lip balm
- Water bottle (complete with lid and straw)
- Snacks & drinks
- Music and/or relaxation aids (playlist, TENS machine etc.)
- Comfy socks and slippers
- Nightie or loose T-shirt for labour – button front
- Light dressing gown

#### Post Birth/Recovery

- Toiletries – toothbrush, toothpaste, shampoo, shower gel, deodorant, face wipes, moisturiser
- 2 – 3 nursing bras or sports bras
- 5+ pairs of large, comfy cotton pants or disposable briefs
- Maternity pads (one pack minimum)
- Towel (preferably dark coloured)
- Flip-flops for shower
- Button fronted pyjamas or [nightshirt](#)
- Nipple cream and breast pads
- Phone charger & power bank
- Loose, comfy clothing for wearing home

#### For Baby

- 3 – 4 sleepsuits (babygrows) – [Magneticme](#)
- 3 – 4 vests (bodysuits)- [Baby Mori](#)
- 1 cardigan or jacket
- 1 going home outfit (optional)
- Hat (for outdoors – not to be worn inside)
- 10 – 12 nappies (newborn size)
- Baby wipes – my recommendation would be [Water Wipes](#)
- Nappy cream (optional) – my recommendation is Desitin or Bepanthen
- 6 muslin cloths
- Swaddle or lightweight blanket- Aden + Anais swaddling blanket
- Outdoor suit (depending on weather)
- Car seat (must be correctly fitted before discharge)

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### Birth Partner

- Change of clothes (button shirt for skin-to-skin contact)
- Snacks & drinks
- Toothbrush/deodorant/phone charger
- Camera or phone for photos
- Coins for parking/vending machines
- Phone numbers of key contacts (family, midwife etc.)

### Optional Extras

- Small amount of cash/contactless card
- Eye mask & ear plugs
- Portable fan or cooling spray
- Notebook & pen
- Plastic bag for dirty washing

### Sarah's top tips

- Pack hospital bag by week 36 (earlier if there is risk of early labour)
- Keep two bags – one for labour ward and one for post-natal stay
- Add extras such as high waisted cotton pants and additional maternity pads for C-section recovery
- Don't forget snacks and water for yourself and your birth partner
- Send washing home throughout your stay
- Take an empty bag for any gifts received whilst in hospital

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### Nappy Bag Essentials Checklist

#### Baby essentials

- 4 – 6 nappies (8 – 10 for full day trips)
- Baby wipes (Always) or cotton wool plus water (for newborns)
- Nappy cream (Bepanthen/Disitin)
- Foldable changing mat
- Nappy disposal bags
- Plastic zip lock bag for dirty clothes & dirty feeding items

#### Clothing & Comfort

- 2 spare outfits (sleepsuit & vest)
- Cardigan
- 2 – 3 Muslin cloths
- Bibs
- Hat (sun hat or warm hat, depending on weather)
- Light blanket or swaddle

#### Feeding Supplies

- If bottle feeding – formula dispenser, or pre made formula, sterilised bottles, flask of hot water
- If breastfeeding – nursing cover, breast pads, nipple cream, snack & water bottle
- If weaning – snacks/baby food, spoon, bib, sippy cup

#### Health & Hygiene

- Hand sanitiser
- Tissues or face wipes
- Baby safe sunscreen (6+ months)
- Mini first-aid pouch (thermometer, saline spray, teething gel, paracetamol, ibuprofen)

#### For parent/care giver

- Wallet/keys/phone
- Change of top
- Mini deodorant/lip balm
- Reusable water bottle/snacks

#### Optional Extras

- Dummy/pacifier (plus spare) if using-Mam or NUK choose an age appropriate size
- Any comforters baby uses
- Dummy sterilising wipes
- Antibacterial surface wipes
- Toy or teether
- Use pouch organisers, labelled **Feeding, Changing and Spares**
- Rain cover/sun shade/Snoozeshade for pram

#### Sarah's Top Tips

- Restock bag after each outing
- Use travel size bottles to save space
- Keep a small 'car kit' for back up in the boot

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### Weaning onto Solids

#### Suggested Kit

- 3 Plastic bowls with suction
- Weaning spoons with a long shallow spoon end, [Munchkin weaning spoons](#)
- Coverall bibs, [BiBaDo](#), [PewinGo](#)
- [Nuk Starter Cup](#) and a drinking cup with straw, [Munchkin](#)
- Net bags for sucking, [Munchkin Weaning](#)
- Snack pots, [Munchkin pots](#)
- Mamas and Pappas baby snug seat, baby bjorn bouncer, or Tripp Trapp high chair are all suitable for starting solids

#### Sarah's Top Tips

- Remember weaning is fun, not all babies will eat a 3 course meal in their first sitting
- Make it easy on yourself and buy some first taste pouches, sweet potato, carrot, peas, broccoli
- Embrace the mess, it's not forever
- Choose your brands, Munchkin has been a favourite of mine for a long, long time however they are all much the same the key things are spoon shape and having the Nuk starter cup and a cup with a straw

#### My Final Tip

- **Do Not** buy everything, get your essentials but remember most stuff can be ordered same day or next day, if you look at it and are unsure, wait. Xx