Autumn/Winter **Edition**

kiddipedia®
Where parents go for their answers.

Inaugural

Newborn Guide



Sponsored by

little one's
ULTRA DRY NAPPIES FOR BOYS & GIRLS

Discover at Woolworths

Introduction

What could be more beautiful than bringing a new life into the world? It is undoubtedly incomparable and unparalleled with anything else.

From a baby's first heartbeat to the moment you hold your newborn in your hands, the journey to parenthood is a treasured time.

Bringing a new life into the world although an absolute honour, is the single most challenging yet important task a person can undertake.

To help, we have created a Newborn Guide as a resource to support and educate both expecting and new parents through expert information and advice.

This inaugural guide will also provide parents, friends and families with leading products and services that make practical, and thoughtful gift ideas.

In addition, we put a spotlight on Kiddipedia's partners, leading experts and thought leaders to deliver supportive messages to help you be the best parent you can be.

The aim of the guide is to help and make a difference; I hope that it does that for you.

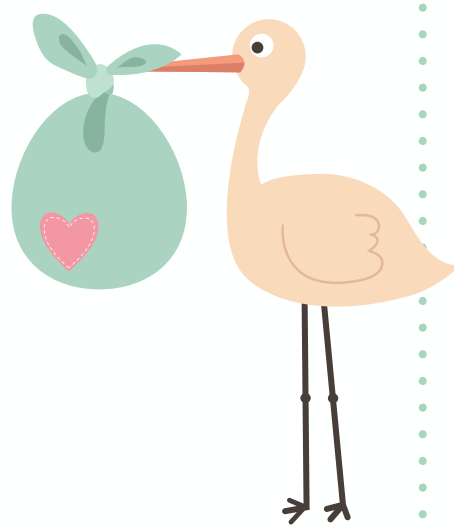
Much love,



Rach

XoXo

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Keyword Search

Save Time, Get Answers Fast

Kiddipedia's website is a good place to start for general information as our keyword search provides access to Australia's top parenting websites, and their articles, from one place.








e-catalogue

User Guide

Whether you're a Parent, Grandparent, Aunt, Uncle, Teacher, Babysitter, Neighbour, Colleague or Friend of someone expecting a baby and are looking for a gift idea, Kiddipedia's e-Catalog is a great place to start!

To use:



SCROLL

up and down to your heart's content

KEYWORD SEARCH

find relevant keywords using the 'Find' (⌘f) if viewing on your desktop, or the search bar if on your mobile or tablet

TAP or CLICK

on each of the photos to be directed to their website

SHARE

the e-catalogue with loved ones for inspirational gift ideas

little one's
ULTRA DRY NAPPIES FOR BOYS & GIRLS

SMILING TUMS

NO ADDED SUGAR

“Price is great! Value for money, Convenient packaging. Son enjoys the flavour”

flaxm3r3

4.26 average rating from 345 reviews



Suitable for infants from the age of 6 months.

Source: bunch.woolworths.com.au average rating based on 345 customer reviews posted between 27/12/18 and 3/3/2020. Review posted on 10/12/2019 for Smiling Tums Apple & Banana Fruit Custard 120g.

Discover at Woolworths

red nose
saving little lives



There is no rulebook for parents, but there are facts.

Safe Sleep Advice Hub

Red Nose is Australia's leading authority on safe sleep and safe pregnancy, and bereavement support for families affected by the death of a child.

Follow our six safe sleeping recommendations to sleep your baby safely:

1. Sleep baby on back
2. Keep head and face uncovered
3. Keep baby smoke free before and after birth
4. Have a safe sleeping environment at all times (safe cot, mattress and bedding)
5. Sleep baby in safe cot in parents' room for the first 12 months
6. Breastfeed baby if possible

Find out more! Access our Safe Sleep Advice Hub at rednose.org.au/advice
Read Full Article HERE

rednose.org.au

StartingBlocks.gov.au



StartingBlocks.gov.au - helping you find quality early learning services

Learning begins from the minute your child is born.

Whether they're at home or childcare, opportunities to learn and develop every day are important.

StartingBlocks.gov.au is a government website that aims to provide you and your family with trusted information on early childhood education and care, all in one place.

It's a great starting point to:

- find childcare services and learn about their National Quality Standard (NQS) ratings
- learn about children's developmental milestones
- get tips on starting childcare
- get tips on activities to do at home to encourage your child's learning and development.

www.startingblocks.gov.au

Child Accident Prevention Foundation of Australia



Each year about 150 Australian children (aged 0-14 years) die and 68,000 are hospitalised as a result of unintentional injuries. Kidsafe exists to prevent these injuries.

Kidsafe Australia is the leading, independent, charitable foundation dedicated to the prevention of unintentional death, injury and associated disability to children. It's our mission is to create a safer world for kids. We work in the community to educate and inform parents and carers about how to stay safe at home, around water, on the road and at play. There can be many hazards which can lead to injuries from falls, drownings, burns & scalds, choking & suffocation, electrocution, toys, dog bites and more. Download our Parent's Guide to Kidsafe homes to help keep your family safe.

www.kidsafe.com.au

miracle babies FOUNDATION





"Better, healthier outcomes for newborns and their families challenged by prematurity or sickness."

_Nurture_Line is our National 24 Hour Family Support Helpline
1300 622 243 (1300 MBABIES)

"Speaking with someone who's been through it before, helps you cope by making it normal," Miracle-Mum, Morgan.

Miracle Babies Foundation is Australia's leading organisation supporting premature and sick newborns and their families.

The Miracle Babies *Nurture*Line is a 24 Hour Support Helpline for families with a threatened pregnancy, a baby in the Neonatal Intensive Care Unit/Special Care Nursery, and the transition to home and beyond.

*Nurture*Line is available 24 hours a day, 7 days a week, offering emotional support to families through our trained support team, all who have been through a NICU or SCN experience themselves.

www.miraclebabies.org.au

Australian multiple birth Association



FIND YOUR TRIBE

AMBA's mission is to enable positive health outcomes, awareness and equality for multiple birth families through advocacy, education and community.

AMBA provides opportunities for families of twins, triplets or more to create connections and share insights with other multiple birth families. AMBA provides local peer support services through their affiliated member-club network.

Connect with your local club at

www.amba.org.au/clubfinder

Sleep Health Foundation

Improving people's lives through better sleep



Mission: to improve people's lives through better sleep.

The Sleep Health Foundation commenced in 2010 in response to a recognised need to raise awareness around the importance of healthy sleep. The Mission Statement is: to improve people's lives through better sleep. Our focus is on sleep throughout the lifespan from young children to the very elderly. Children and adolescents in particular are vulnerable to sleep disturbances that may have substantial impacts on mood, behaviour, cognition and learning. The Foundation aims to raise this important heath care priority to ensure optimal sleep in growing children is given the attention that it needs, among families, childcare centres and schools.

sleephealthfoundation.org.au



Enjoy quick and easy, step-by-step recipes that can take as little as 20 minutes and a variety of cuisines every week. Easily swap recipes for your perfect menu thanks to our flexible plans.

Save 40% off your first HelloFresh box with Kiddipedia!
Use Code: **KIDDIPEDIA40**

HelloFresh delivers fresh ingredients and easy-to-follow recipes to your door each week so you can cook quick, balanced and wholesome meals the whole household will love. Whether you're cooking for two or feeding a hungry horde, there is a plan to suit you! Choose from our Classic, Veggie or Family plans and enjoy the option to swap meals for your perfect menu with our flexible plans.

hellofresh.com.au

LOVEKINS®





Lovekins give parents natural, organic baby skin care in Australia and is an option that helps loving parents to nurture and protect their babies.

LOVEKINS is an Australian wellbeing and skincare company specialising in a range of natural and organic pregnancy/baby skincare and personal care products.

Lovekins vision is to improve the health and happiness of women and babies by empowering them with a unique and eco-friendly range of products to enable future generations to thrive and be healthy.themselves.

lovekins.com



Medescan is a family owned Australian company supplying a wide range of health, wellbeing and beauty products to everyday Australians.

Medescan has continued to bring the world's latest and greatest technology to Australia and now with great success across the globe.

Medescan is currently sold across several continents in markets such as USA, UK, New Zealand and the Middle East.

The Medescan quality has also withstood extreme scrutiny and testing by the toughest of critics. Medescan has won several contracts including the right to sell to the UK ambulance service.

Medescan is committed to bringing you the latest in technology and best quality products at unbeatable value.

medescan.com.au

covitol®
Cream





Soothes and Protects

- Nappy Rash
- Mild Eczema
- Dermatitis
- Skin Irritation
- Sunburn
- Scrapes

Covitol is a versatile cream that treats a broad range of common skin irritations and offers a thick, smooth barrier for long-lasting protection.

Specially formulated with high levels of Cod Liver Oil, which is naturally rich in Vitamin A, Vitamin D and Omega 3, and Zinc Oxide. It also contains Paraffin and Lanolin. Together they seal out moisture and germs and help skin irritations to disappear quickly.

Fragrance & colour free.

Find us on

covitol.com.au

Always read the label. Follow the directions for use. If symptoms persist talk to your health professional.



Baby Macro Organics

"Highly recommend trying this product, especially if you prefer organic foods."

Apple & Pear 120g
jeano – March 9, 2019
(4.11 average rating)
1574 ratings for the range

Smiling Tums

"Loved the no added sugar! Little one loved it, and wanted more!"

Apple & Strawberry Fruit Custard 120g
Kiddo_76 – May 26, 2019
(4.23 average rating)
315 ratings





Clean Laundry Powder Sensitive 2kg

"Our whole family have really sensitive skin and this powder didn't cause any skin reactions at all. Very rare in a laundry powder for us."

Krist042 – June 19, 2019
(4.33 average rating)
418 ratings

Top picks for Mum & bub

Your one-stop shop to help you and your baby thrive.

bunch
food for thought

A members only community dedicated to trialling, testing and talking about our wonderful Woolies products.

Little One's Baby Wipes Unscented 80pk

"Great wipes. Not too thick and wet like some other brands and great price."

melly17 – June 12, 2019
(4.49 average rating)
907 ratings



Voeu Skincare Range

"Well worth buying and +++ on value for money compared to other brands."

Detoxifying Charcoal Facial Mask
mummylist – June 30, 2019
(Partial testimonial)
(4.19 average rating)
1241 ratings



Little One's Nappies Range

"Best on the market. I strongly believe these are the best nappies on the market and so do most of my mum friends."

Little One's Ultra Dry Nappies Newborn 30pk
EllieandNancy – August 13, 2018
(4.09 average rating) 2953 ratings



For full ratings and testimonials visit bunch.woolworths.com.au

Discover at Woolworths

munchkin
it's the little things.



At Munchkin we focus on the little things that make parent's lives easier and children's lives fun.

Here at Munchkin we know it's the little things® that often make the biggest difference.

That's why we are passionate, creative, and believe in only making the best products that are trusted and effective.

We are powered by INNOVATION and have a NEVER-ENDING PASSION to find relevant, functional, and clever solutions for living a carefree and happy life.

Whether your little one is graduating from bottles to solids, or your messy toddler is navigating the world of sippy cups look no further Mama, we have you covered!

au.munchkin.com

6 Tips For Surviving The First Week At Home With A Newborn

This article is proudly brought to you by Little One's Nappies

All the parenting books and classes in the world cannot fully prepare new parents for that whirlwind first week at home with their newborn. Once you arrive and place your precious baby down, panic may start to creep in as you realise that you're now fully responsible for this human being and no longer have a professional team of nurses and paediatricians to step in. It's normal to be overwhelmed at first, and you will experience a mixture of feelings from nervousness, confusion, anxiety, fear, laughter and joy. You've got some hard work ahead in what will seem like the longest week of your life, but the trick is to lower the expectations on yourself and trust that your instinct for parenthood *will* kick in. Here are some essential tips to survive week 1.

Recovery from birth

Regardless of the birthing method (vaginal or c-section), there is no such thing as an 'easy labour'. Childbirth is a trauma on every woman's body and you will be feeling the physical and psychological impacts for at least several weeks. This is especially the case for mothers who have endured a more traumatic labour or one that didn't go the way they wanted/planned. In addition to "Little One's" nappies for your baby, ensure that sanitary pads make it onto your shopping list for postpartum bleeding.

Alongside physical pain, your hormones are in overdrive, so expect your first week to be an emotional rollercoaster - perhaps even more so than when you were pregnant. You may even get the 'baby blues' as your hormones stabilise and the enormity of parenthood sinks in.

Mums are troopers and your instinct will be to keep moving as 'baby comes first', but you must also take care of yourself and let your body heal. Don't be afraid to share responsibilities with your partner and practice a little self care! …



8 Tips For Surviving Sleepless Nights With A Newborn

This article is proudly brought to you by Little One's Nappies

Sleepless nights and newborns go hand in hand, and new parents can kiss goodbye to the idea of 8 hours of uninterrupted sleep. Although babies sleep a lot - up 16 to 17 hours a day - they generally don't stay asleep for more than 2 - 4 hours at any given time. Furthermore, newborns don't know the difference between night and day, so expect to be woken up several times during the night to feed, change and comfort your baby. It's no wonder new parents suffer sleep deprivation as they cater to this round-the-clock care.

Hang in there - this erratic sleep schedule will stabilise once your newborn is a bit older and establishes better sleeping patterns. In the meantime, you've got some long nights ahead of you, so here are some survival tips to encourage good sleep habits for you and your baby, and keep your physical health and sanity intact!

Sleep when your baby sleeps

You may have heard this advice before, and it's spot on. It's wise to catch up on sleep when the opportunity presents itself - while your baby is also sleeping - instead of waiting and missing your chance. Especially if you're already feeling drowsy, resist the temptation to spend the quiet time cleaning up mess, and don't discount the effectiveness of a short daytime rest. According to the National Sleep Foundation, 20-30 minutes is all it takes to experience benefits like better mood and improved alertness.

Set the mood for sleep

To induce sleepiness and give you the best chance of quality sleep, your bedroom environment will play a big role and should be ready before your baby's arrival. The room should be quiet, dark, and set to a cool temperature to mimic the ideal conditions for sleep…



7 Things You Didn't Know About A Newborn Baby's Poo

This article is proudly brought to you by Little One's Nappies

A newborn's poo and what constitutes 'normal' can be the source of some truly colourful discussion for parents, as they get accustomed to their baby's bowel movements. Taking note of the contents of your baby's nappy can tell you quite a bit about your newborn's health. But before you get too preoccupied comparing the colour, amount, smell and consistency of your baby's poo, remember that variation is completely normal as babies' gradually develop their bowel and digestive system. Being confronted with a 'nappy surprise' or two is a rite of passage for new parents, and knowing what to expect when it comes to baby's number 2's, can help ease any confusion or anxiety.

In preparing yourself to enter a glorious new world baby poo and become a member of the nappy patrol, you've probably armed yourself with a hoard of Little One's nappies, nappy bags, baby wipes and related accessories. To help prepare you even further, we've rounded up a selection of our favourite facts about newborn poo that you probably didn't know. We think you'll gain a whole new appreciation for the infant digestive system and the changes that you and your little one will soon encounter!

At the start, your baby's poo will barely smell.

New or soon-to-be parents may already know about meconium; the very first, tar-like and odourless poo that your newborn will excrete after it stays in the uterus. It's not just their first one that is relatively odourless. In the first few days, newborns' stools have very little odour, as they have not built up enough bacteria in their gut. Parents should enjoy this short window of time while it lasts, as bacteria will gradually start to colonise during the first week of their baby's lives, and the poo will then become progressively smellier…



5 Ways For New Parents To Keep The Intimacy Alive In Their Relationship

This article is proudly brought to you by Little One's Nappies

Bringing a baby into the world (especially your first) is without a doubt, one of the biggest tests your relationship will ever endure. The way you approach intimacy early on in your child's infancy can set the tone for family harmony and permanently affect the bond you have with your partner.

With all of the attention focused on tending to your baby's constant needs, romance often comes to a screeching halt. It's not surprising, considering both mums and dads are likely to be battling sleep deprivation, mental and physical exhaustion, and stress, as they learn to adapt to all-hours nappy-changing, feeding and laundry. Whilst romance might not come naturally at the start, it's important to recognise that maintaining some form of intimacy is a basic need for mums and dads - just as eating and sleeping is.

Couples should make a conscious effort to recreate physical and emotional intimacy on a daily basis. Don't just wait until the 'right' or convenient time, or else it may never happen! We've canvassed some great tips for new parents - inspired by relationship experts - to help you keep the intimacy alive and strengthen your bond.

Allow yourself intimacy

Actually allowing yourself the opportunity for intimacy is the crucial first step. It's surprisingly common for one or both parents to fall into the dangerous trap of thinking or feeling that they can be close to their baby, or to their partner, but not to both. They presume that intimacy must take a back seat until their child is older; not realising that the longer intimacy is gone, the harder it is to get back.

Although your experience with intimacy will not be quite the same with a newborn compared to your pre-baby days, couples can still maintain affection and desire without neglecting their responsibilities as parents…



Subject Matter Experts And Thought Leaders

Kiddipedia was created to help make a difference, to support the everyday busy parent and assist them to be all they can be, and to give children the best life possible – all with view of building a bigger, stronger Australia.

In the following pages, enjoy articles curated from our subject matter experts and thought leaders.



Pinky McKay

Pinky McKay is Australia's most recognised breastfeeding expert. She's an International Board Certified Lactation Consultant (IBCLC), and best-selling author of titles including Parenting By Heart, Sleeping Like a Baby and Toddler Tactics.

Caring For Your Baby's Bottom – preventing and curing nappy rash

If your baby's bum isn't as smooth as it should be according to the old age ('smooth as a baby's bum'), but red and inflamed instead, your little one will no doubt cry and be miserable, especially as urine scalds their delicate skin. Although babies with very sensitive skin or a family history of skin disorders such as eczema or psoriasis may be more prone to nappy rash, any baby

For full article, click here



Melanie McGrice

Melanie McGrice is an Advanced Accredited Practising Dietitian, one of the few dietitians in Australia to achieve that status. Her success has made her an in-demand practitioner, author and conference speaker, who is eager to share what she knows with her clients and her peers.

A guide to knowing whether your baby's poo is normal

One of the most common concerns that I hear from new mums is their baby's poo. As a mum, 'poo' is no longer a 'dirty' word, but becomes something that you look at and think about daily. Your baby's poo will tell you a lot about the health of your little one, so it's important to know what's normal.

For the full article, click here



Dr Joseph Sgroi

Dr Joseph Sgroi an infertility, IVF, Obstetrician, gynaecologist and women's health expert who provides holistic medical care to his patients. He specialises in all aspects of women's health, pregnancy care and fertility (both male and female infertility) and IVF.

When to seek help with fertility?

Dr Joe's focus lies in assisting women and couples to achieve pregnancy in even the most challenging of situations and in providing support before as well as during pregnancy through to childbirth and beyond. Whether it be IVF or if conceived naturally. The pregnancy journey is different for every single person that I see.

For the full article, click here



Sam Wood

Sam Wood is the founder of online training & nutrition program, 28 by Sam Wood. He's a qualified personal trainer with a degree in Exercise Science & over 20 years of experience in the health & fitness industry.

Leading By Example

Teaching your children to enjoy physical activity is one of the greatest gifts we can give them and it all starts at home. Not only does teaching your kids to enjoy being active promote good health, it has benefits that go well beyond fitness. Physical activity can help develop motor skills and balance, improve concentration, develop social skills and build confidence. This is something that both Snez and I really believe in and it's never too early to start instilling healthy habits in your kids.

For the full article, click here



Belinda Joyce

Belinda Joyce is a midwife, maternal & child health nurse, mother and author of 'Survive and Enjoy Your Baby'. She helps parents to find their own path to parenthood.

I wish all new parents were told...

Many new or expecting parents share similar fears and concerns during this time and my hope is to offer some best practice researched advice, strategies and recommendations for families to try, because if there is one thing I have learnt during my many years of working and studying families it is that there are many ways to "Survive and Enjoy Your Baby"

For the full article, click here



Kathy Fray

Kathy Fray is an award-winning best-selling parenting author, passionate promoter of mothers-to-be accessing empowering maternity education, holistically-minded Midwife, and thought-leader of Integrative Maternity Healthcare information.

5 Most Random but Useful Things to know about Newborns

Having random behaviour these days means being unpredictable, or no rhyme or reason. So on that note, here are a few 'random' (but useful topics) relating to NewBorns … an eclectic hodgepodge assortment of miscellaneous sundry 'stuff' regarding the infinite topic of brand new babies, as let's face it … babies can be as varied and unpredictable as the Weather!

For the full article, click here



Leanne Trevor

Leanne is the founder and CEO of Mother In Touch Baby Sleep Consultancy, a Certified Paediatric Sleep Consultant, a Midwife and Registered Nurse, with over 25 years' experience in the medical field.

Settling for Newborns

The fact is, sometimes it's just easier to hold your baby for a nap or go for a walk and let your baby fall asleep in a stroller or pop her in a front pack in order to artificially induce longer stretches of sleep. This will give you the flexibility to keep her rested, while also allowing her to maintain good habits in her room and bassinet.

For the full article, click here

Australian Doula College

Honouring Life's Transitions

Australian Doula College

The Australian Doula College (ADC) is an integrated organisation working in collaboration with Preparing the Way, providing education, support and continuity of care for Birth and End of Life Doulas and anyone needing support through any one of life's many transitions.

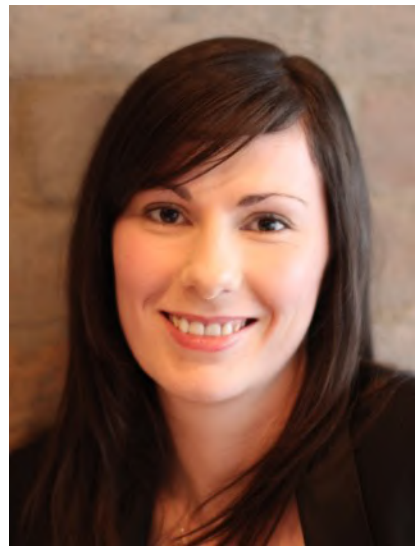
5 Top Tips on How to have a better Birth

Having a baby is by far one of the biggest transitions in our lives but I see strangely that some soon to be parents do more research on the latest pram on the market than they do their birthing options and preparation for parenting. Now, I know there are never any guarantees on how a labour and birth might go, however, you can put some things in place to ensure your journey into parenthood is not as overwhelming as it looks and stays a tad more in charge of your birth journey.

For the full article, click here

Dreamwinks

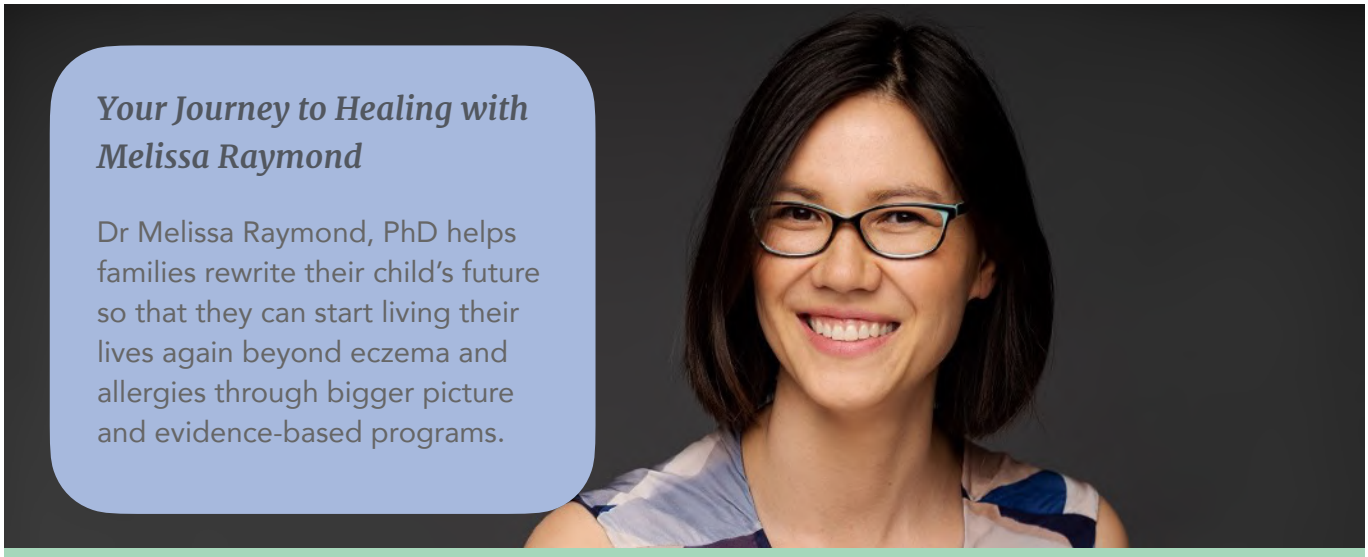
Dream Winks is a Holistic Science Based Sleep & Feeding Consultant. Our approach is very baby-led with a focus on creating the best possible situation for good sleep while ensuring we meet each child's needs day and night.



Understanding Babies' Cries – The Key to Successful Settling

How can knowing your baby's cries help with sleep? These days virtually every parent will have heard of Dunstan Baby Language which teaches you the different sounds that babies can make when 'crying'. This is their communication and it can help new parents to understand when their little ones may have wind or are hungry and so on. It is a great tool for new parents to add to their repertoire.

For the full article, click here



Your Journey to Healing with Melissa Raymond

Dr Melissa Raymond, PhD helps families rewrite their child's future so that they can start living their lives again beyond eczema and allergies through bigger picture and evidence-based programs.

Childhood Eczema

Eczema is a condition of the skin which affects approximately 20% of kids. It often develops in the first few months of life and is characterised by dry, itchy, red and oozing skin. It can affect sleep (both parents and children), which contributes to fatigue, difficulty concentrating and learning as well as stress and worry for the child and their future.

The development of eczema is a complex mix of various factors including genetics, the immune system/gut health, diet, lifestyle and environmental influences. Understanding this allows us to help by targeting the things that we can change.

For the full article, click here

Parentmedic

The Parentmedic Movement is a global community of Parentmedic Ambassadors dedicated to empowering and educating parents in Baby and Child First Aid, Safe Sleep and Safety. knowledge to keep them safe and supported.

Swaddling Your Babes Hips

Swaddling is a super part of bringing up the baby, but exactly what do we need to think about before we start wrapping bubs up before sleep? Well, we need to think about the development of babes hips and to get all the information I have had a chat with Sarah Twomey (HHA founder). Sarah explained that Healthy Hips Australia is asking parents to avoid swaddling over the hips and legs and this is important in the prevention of hip dysplasia. If you haven't heard of hip dysplasia before it is when the ball and socket of the hip don't fit together in its normal position and can cause a little havoc for the development of our kids.

For the full article, click here



Nourishing Bubs

Olivia Bates is a paediatric dietitian, nutritionist and founder of Nourishing Bubs - the creators of the first ever solid starter pack to make the transition to solids happy and healthy!

Introducing Solids – How, What, When

Introducing Solids is an exciting milestone for mother and baby and also a period of great learning. Recent changes around recommendations for the introduction of allergies have resulted in much confusion when it comes to how, when and what to introduce when it comes to solids. Paediatric Dietitian and nutritionist, Olivia Bates, clears up the confusion!

For the full article, click here



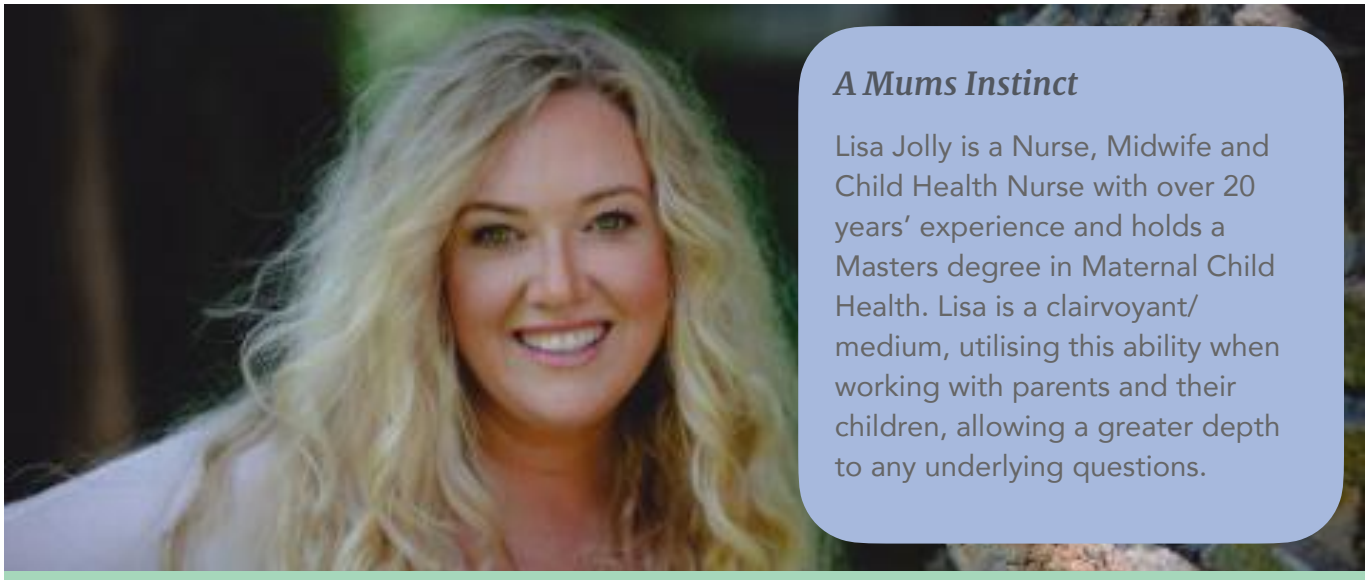
Sarah Morrissey from Little Rockers Radio

Sarah Morrissey is the founder of Little Rockers Radio, a 24/7 online radio station that's dedicated to children from birth to 6 and their Mums, Dads & Carers.

Lullaby and Good night…

Lullabies are scientifically proven to lull babies to sleep. Not only that, they also stimulate language and cognitive development as well as helping to strengthen the emotional bond between the parent and child. It is an emotional bond created with the soothing sounds of music that come with cuddles and telling your baby through music and actions that they are safe and they are loved. Listen to lullabies on Little Rockers Radio for a soothing nights' sleep for you and the family. With lullabies playing all night, every night, we are there for you when you need us. Simply press PLAY!

For the full article, click here



A Mums Instinct

Lisa Jolly is a Nurse, Midwife and Child Health Nurse with over 20 years' experience and holds a Masters degree in Maternal Child Health. Lisa is a clairvoyant/ medium, utilising this ability when working with parents and their children, allowing a greater depth to any underlying questions.

Bringing Baby Home. Now what?

Those first few days when you get home after birth can seem the most daunting, bewildering but also a glorious time. When I brought my first child home, many years ago now…eek. I had no idea what I was meant to do. I relied on the nurse that I visited every week to guide me. I thought I would never get it right and possibly break my daughter. I remember the nurse's patience and guidance was such an instrumental support. I soon gained my confidence, but this took many weeks and months. I know I'm not alone in this feeling.

For the full article, click here

Shane Warren

Shane is a registered psychotherapist, certified clinical supervisor, certified practising hypnotherapist and certified practising coach, working from private practice rooms in Sydney, Melbourne, Gold Coast, Singapore and Hong Kong.



When gay guys choose to become dads

There is clearly no one reason couples choose to become parents and not every adult even makes this choice to be a parent. However, when a gay male couple choose to become parents there are a number of factors they confront - none more challenging than how to achieve this… This very question tends to lead many gay men into the choice between surrogacy or adoption; each brings with it their own advantages and challenges; let's explore each in greater depth.

For the full article, click here



Twinfo

Naomi is one of the 4,560 women who gave birth to multiples in Australia in 2011.

Passionate about all things multiple (twins, triplets and more!), Naomi is the founder of Twinfo.

Surviving the first few months

So you have had your twins and you are home now. It may have already been an exhausting and stressful time getting to this point, especially if your babies had to spend some time in the SCN or NICU. Now that you are home, there are plenty of ways to help you to survive those first few months. Chances are there are going to be a lot of nights with broken sleep and days where you are too tired to do anything. These tips can help to make it a little bit easier.

For the full article, click here

Nurture Parenting

Karen Faulkner established Nurture Parenting in 2011 with the aim to assist and support parents with baby and toddler sleep and behaviour issues. My passion is helping families through what I know can be a very challenging and emotional time.

How to Avoid the Dreaded 4 month Sleep Regression

If your baby's sleep was predictable until now, it may all fall apart. However, there are many things you can do to help retrieve a good night's sleep. Continuing to work on building consistent sleep routines and cues. Helping baby learn certain events mean sleep is coming. You may want to work on identifying the sleep associations your baby has and teaching self-settling.

For the full article, click here



Sarah Kaldor

Sarah is the author of "The Stress Less Baby Guide" – a guide to the first year of raising a baby in Australia. Her book was born from a combination of her professional knowledge and training as well as the wisdom from her own parenting experiences and those of hundreds of Australian families she has worked with.

Teething

Ah teething – once a baby has settled down out of their newborn colicky phase – we then move onto blaming all unsettled behaviour on teething! In this article we discuss 'Timing' of when babies are likely to start teething, 'What are the signs of teething', 'Cleaning your babies teeth' and also 'Visiting The Dentist' I hope this article helps you to 'Stress Less' and enjoy your baby!

For the full article, click here



We have partnered with some of Australia's best up and coming brands, mummy bloggers and parenting enthusiasts to put you at the forefront of receiving their expert parenting advice, tips and support.

Advice

Newborn Gift Ideas

Inspirational ideas to welcome the blessing of a new member to your family!

Stuff for Mum:

Maternity Wear
Sleeping Pillow
Compression Wear
Food Services

For the Nursery:

Feeding Chairs
Cot, Linen & Change Table
Newborn photography
First Aid



Getting around:

Prams and Strollers
Baby Car Seats
Baby Carriers
Nappy Bags

Thinking ahead:

Will Kit
Health Insurance
Childcare

Check out the Kiddipedia Directory for more inspiration

Kiddipedia's E-Catalog List

The most valuable resource known to woman or man is time. We appreciate that yours is very important. To help give you some back, here's your go-to list of must-have products and services that every newborn parent should know about.

Daily Orders	dailyorders.com.au	#31
Medescan	medescan.com.au	#32
Lovekins	lovekins.com	#33
Munchkin	au.munchkin.com	#34
Gymbaroo	gymbaroo.com.au	#35
Gazillion Bubbles	gazillion.funrise.com	#36
Baby Jogger	babyjoggerstrollers.com.au	#37
4Moms Maaroo4	4moms.mamaroo4	#38
Storkstak	www.storksak.com.au	#39
Babymel	babymel.com.au	#40
ergoPouch	ergopouch.com.au	#41
Tiny And Brave	tinyandbrave.com.au	#42
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Smiling Tums	woolworths.smilingtums	#45
Billy and Flynn	billieandflynn.com.au	#46
Grace & Maggie	graceandmaggie	#46
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Ergobaby	ergobaby.com.au	#48
Shnuggle	thestorknest.com.au	#48
Ubbi	thestorknest.com.au	#49
Piccolo	thestorknest.com.au	#49
Bubba Organics	bubbaorganics.com.au	#50
Flat Rate Photography	flatratephotography	#50
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Medela	medelastore.com.au	#53
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little one's
ULTRA DRY NAPPIES FOR BOYS & GIRLS

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Marcus & Marcus	marcusnmarcus.com.au	#56
Milk And Love	milkandlove.com.au	#57
Bae The Label	au.baethelabel.com	#57
Beaba	beaba.com.au	#58
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Trunki	trunki.com.au	#59
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Jellystone Designs	jellystonedesigns	#59
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Moonlight Baby	moonlightbabysleep	#60
Growth Spectrum	growthspectrum	#60
Haru Hana	haruhana.com.au	#60
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Djeco	kaleidoscope.com.au/djeco	#61
Music Beat	musicbeat.com.au	#61
Milk And Love	milkandlove.com.au	#61

little one's
ULTRA DRY NAPPIES FOR BOYS & GIRLS

Daily Orders

Managing the reality of life with a newborn can be challenging, overwhelming and sometimes scary. At Daily Orders, our beautiful wall planners, coupled with our vibrant liquid chalk markers, allow you to manage appointments, feeding times & more to reduce your mental load and get on with your day.







dailyorders.com.au

instagram.com/dailyorders

facebook.com/dailyordersaustralia

Medescan

Medescan is a family owned Australian company supplying a wide range of health, wellbeing and beauty products to everyday Australians.







https://medescan.com.au/

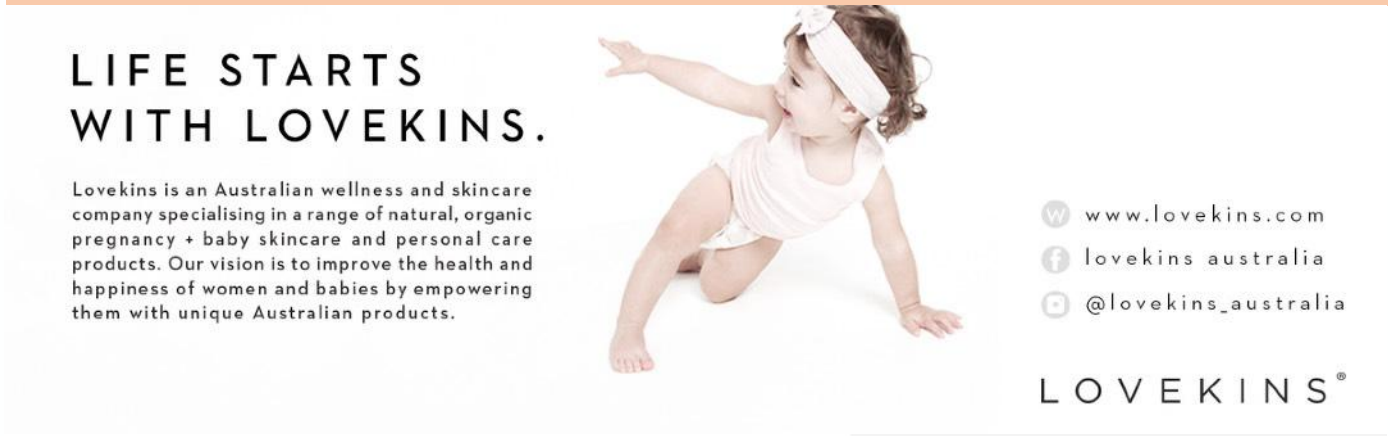
instagram.com/medescan_official

facebook.com/Medescan

Lovekins

LOVEKINS is an Australian wellbeing and skincare company specialising in a range of natural and organic pregnancy/baby skincare and personal care products.

LOVEKINS vision is to improve the health and happiness of women and babies by empowering them with a unique and eco-friendly range of products to enable future generations to thrive and be healthy.







lovekins.com

instagram/lovekins_australia

facebook.com/lovekinsaustralia

Munchkin

At Munchkin we focus on the little things that make parent's lives easier and children's lives fun. Pouring our heart into simplifying life with big ideas for little hands, we love developing innovative, modern, and credible products for babies and children







au.munchkin.com

instagram.com/munchkin_anz

facebook.com/MunchkinANZ

Gymbaroo Kindyroo

zip pay afterpay

Give your child the best start in life by enrolling them in the ONLY parent-child program in the world that specialises in research-based, neuro-developmental, fun learning environments for babies to school aged children and their parents. With GymbaROO/KindyROO learning has never been so much fun!







gymbaroo.com.au

instagram.com/gymbaroo

facebook.com/GymbaROO

Gazillion Bubbles

zip pay afterpay

GAZILLION Bubble Rush - With its revolutionary design, this machine blows the most bubbles ever! Featuring a removable washable top section, solution recycling tray and motor sealed inside the base section. Simply pour solution into the reservoir and push the button for a bubble explosion in seconds. Hours of fun for kids, but easy clean for parents!







gazillion.funrise.com

instagram.com/officialgazillion

facebook.com/OfficialGazillion

Baby Jogger City Select 2019

afterpay

Featuring a new sleek silver frame, new comfy and durable fabric & 3 new colour options, The City Select has gotten ever better. Whether you're looking for a travel system, a pram, a double stroller, a triple, or just a single, the City Select could be the only stroller you'll ever need. The most versatile stroller on the market today, the City Select was designed to keep your family rolling as it grows from one child to two, or even three.







babyjoggerstrollers.com.au

instagram.com/babyjoggerau

facebook.com/BabyJoggerAustralia

4Moms Mamaroo4

afterpay

The 4moms® mamaRoo®4 infant seat bounces up and down and sways from side to side, just like parents do when comforting their babies. It features five unique motions and five speed options for a total of 25 different combinations. Soothe your baby with one of the four built-in sounds, or connect any MP3 device. The mamaRoo4 seat offers full recline to allow baby to lie back and relax or sit up and play.







4moms.mamaroo4

instagram.com/4moms_aus

facebook.com/4momsau

Storkstak

Storksak's nappy bags don't compromise fashion and appearance for practicality.

Our luxury nappy bags include functional features such as changing mats, dividers, pockets and various compartments to keep you organised so you can quickly change your little one without fuss.







www.storksak.com.au

instagram.com/storksakausnz

facebook.com/storksakausnz/

Babymel

Designed exclusively in London, Babymel combines style with function to create a diverse range of high-quality, easy-to-maintain baby bags and accessories — perfect for the busy mum or dad on the move. Look to Babymel for baby essentials that ooze a sports-luxe appeal you won't find anywhere else.







babymel.com.au

instagram.com/babymelausnz

facebook.com/babymel

ergoPouch Australia

afterpay

ergoPouch Australia's organic, natural sleepwear will have your baby sleeping safely and comfortably. Our organic cotton and bamboo fibres are breathable to prevent overheating, soft on baby's sensitive skin, and TOG-rated to keep baby at the optimal warmth for sleep, removing the need for blankets. A room thermometer and What to Wear guide is included with every swaddle and sleeping bag product.







ergopouch.com.au/

instagram.com/ergopouch

facebook.com/ergopouch/

Tiny And Brave

Tiny and Brave is about celebrating new life, old life, life as it is right now. Celebrating the joy in your entire family. Candid unposed moments between those you love. Every moment, every laugh, every love, for you to remember. Always.







tinyandbrave.com.au

instagram.com/tinybravestudio

facebook.com/tinyandbrave

Hello Fresh

zip pay afterpay

HelloFresh delivers fresh ingredients and easy-to-follow recipes to your door each week so you can cook quick, balanced and wholesome meals the whole household will love. Whether you're cooking for two or feeding a hungry horde, there is a plan to suit you! Choose from our Classic, Veggie or Family plans and enjoy the option to swap meals for your perfect menu with our flexible plans.

Save 40% off your first HelloFresh box with Kiddipedia! Use KIDDIPEDIA40







hellofresh.com.au

instagram.com/hellofreshau

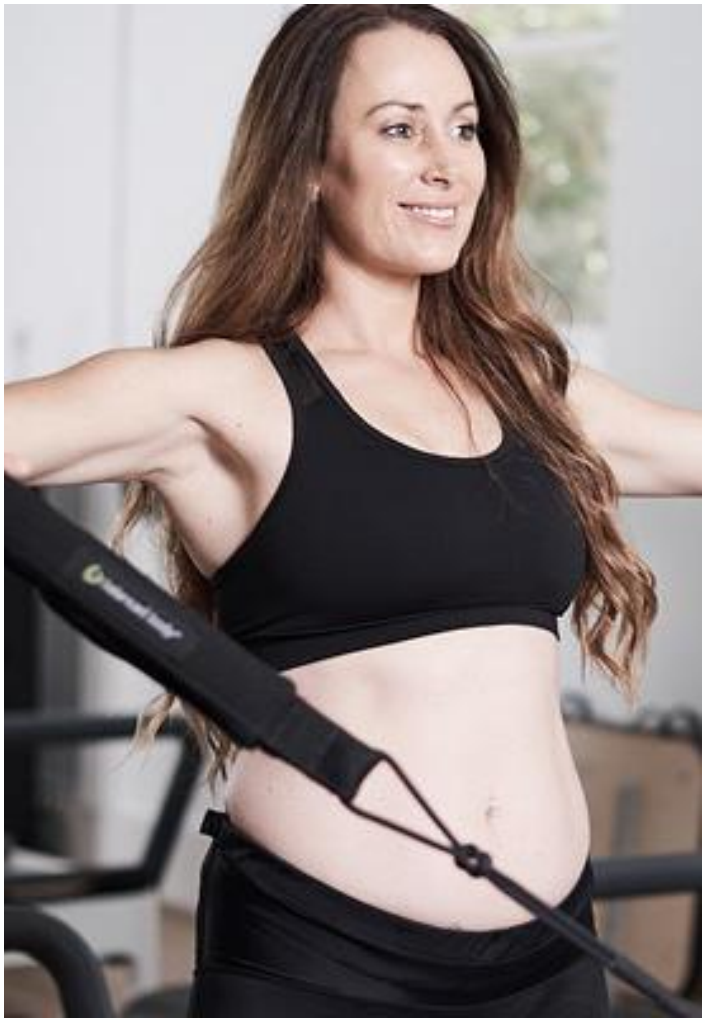
facebook.com/hellofresh

SRC Health

afterpay

SRC Health compression garments are designed by women for women, in consultation with an obstetrician for continuous support and pain relief during pregnancy and faster recovery after delivery. Endorsed by the Australian Physiotherapy Association, 100-Wash-tested garments feature the patented Anatomical Support Panels that treat multiple conditions







www.srchealth.com

instagram.com/srchealth

facebook.com/SRCPregnancyRecoveryShorts

Twinkie Bubz

zip pay

Twinkie Bubz stocks Baby Rubber Sock Shoes from Newborn to 28 months old. It's a concept of both a Sock and Shoe in one. It's best known as a pre-walker shoes for babies. Our Sock Shoes are Machine Washable, Non-Slip, Lightweight, Non-Toxic & Breathable.

Not only Sock Shoes but we also stock homemade Grosgrain Pacifier Clips.





twinkiebubz.com.au

instagram.com/twinkiebubz

facebook.com/twinkiebubz/



Billie and Flynn

Billie and Flynn, founded by a proud mother of two, is an online store focused on providing an expanding range of baby, infant and toddler products which are fun, practical and environmentally friendly. Whether a first time parent or not, check our range at billieandflynn.com.au and thank you for supporting mums in small business.



billieandflynn.com.au

instagram.com/billie_and_flynn

facebook.com/Gilnorrik

Grace & Maggie

afterpay

Stylish, practical and eco-friendly play mats to blend seamlessly with your décor. Our two-sided designs are the perfect combination of style and fun. A playful design on one side, and an understated contemporary pattern on the other that could be mistaken for an area rug. Free from nasty chemicals like PVC, BPA and Phthalates, our mats tick the boxes for safety and style.



graceandmaggie.com.au

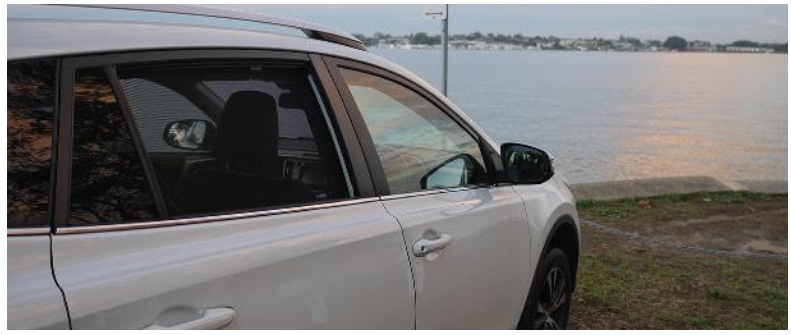
instagram.com/graceandmaggieplaymats

facebook.com/graceandmaggie

Snap Shades

afterpay

Snap Shades are the latest, stylish and affordable car window sunshades. Snap Shades are magnetic, perfectly fitted and vehicle specific. They are designed to help you protect your passengers from harmful UV rays, heat, glare and insects.





snapshades.com.au

instagram.com/snap.shades

facebook.com/slipslopsnap

Zoozaro

afterpay

Light and portable, yet strong and durable, the Zoozaro Pram Pouch fits all pram brands and is perfect for any outing. The Pram Pouch gives an extra 10kg of storage, folds up with the pram and keeps the pram stable, helping parents gets out the door stress free.



zoozaro.com.au

instagram.com/zoozarostrollerbag

facebook.com/zoozaroprambag

Ergobaby

At Ergobaby, we are continually amazed by how the tiniest person can transform our lives. From the moment they are born, nothing is more important than keeping baby safe, comfortable and happily close to our hearts.

We are here to support your transition into parenthood with a collection of baby carriers designed to nurture healthy devel-opment and promote bonding. Inspired by the daily experi-ences of families everywhere, Ergobaby's innovative and er-gonomic baby carriers fit seamlessly into every family story.



ergobaby.com.au

instagram.com/ergobabydownunder

facebook.com/ErgobabyAusNZ

Shnuggle

Clever Baby Products including the Shnuggle Bath and Shnuggle Modern Moses Basket.

The Shnuggle Bath is designed to make bathtime stress free and fun for both parents and baby. Its compact size means the water stays warm for longer and takes no time at all to fill, with a minimum of two litres of water needed. The uniquely designed bum bump helps you to support baby and prevent them from sliding.



thestorknest.com.au

instagram.com/thestorknest

facebook.com/thestorknest

Ubbi

The Ubbi diaper pail is made of steel to achieve maximum odor control. It is equipped with rubber seals that are strate-gically designed to lock in odors as well as a sliding lid that minimizes air disruption, keeping the smell inside the pail.



thestorknest.com.au

instagram.com/thestorknest

facebook.com/thestorknest

Piccolo

Organic baby food made by our family, for your growing family using healthy and nutritionaly balanced ingredients all ap-proved by an infant nutritionalist.



thestorknest.com.au

instagram.com/thestorknest

facebook.com/thestorknest

Bubba Organics

Kind and gentle to both baby & nature, award-winning premium brand, Bubba Organics, offers gentle and effective skincare for families. Ethically made in Melbourne and thoughtfully formulated using 100% natural ingredients, this stylishly packaged range complements today's modern nurseries and bathrooms and is made with no synthetics, no irritants and no added water.



bubbaorganics.com.au

instagram.com/bubbaorganics

facebook.com/bubbaorganics

Flat Rate Photography

We are here to capture those precious first few moments. Newborns by Flat Rate Photography offers every young family natural and simple imagery which will remain timeless through the decades. As parents ourselves we understand the fleeting and precious first few years of our children's lives. Let us capture those moments WITHOUT emptying your wallet.



flatratephotography.com.au

instagram.com/flatratephotography_

facebook.com/flatratephotographysydney

Water Wipes

afterpay

zip pay

WaterWipes are the world's purest baby wipes and safe to use on sensitive skin. They are made in Ireland with just 99.9% purified water and a drop of fruit extract. They are a convenient alternative to using cotton wool and water, as recommended by midwives. It contains no fragrances, alcohol or parabens.





www.waterwipes.com

instagram.com/waterwipesausnz

facebook.com/waterwipesausnz

Moby Move

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Meet the MOBY Move All-Position Carrier: a lightweight, breathable baby carrier designed with a single set of easy-to-use adjustments. Newborn-ready, with no infant insert required, it is sleek and slimming for parents, plus ergonomic and comfortable for your baby. Simple to use, yet packed with clever extras, the MOBY Move checks all the boxes and is ready to keep parents on the move as their babies grow from newborn to toddler. MOBY available exclusively in Baby Bunting.



theamazingbabycompany/mobymove

instagram/mobymove

facebook.com/mobymove/

Silver Cross Australia

Silver Cross is a leading British nursery brand, established in 1877, dedicated to providing the best start in life.

Silver Cross has looked to the future with a passion for developing beautiful and innovative products that has made it what it is today, a trusted nursery brand loved by millions.





www.silvercross.com.au

instagram.com/silvercross_australia

facebook.com/silvercorssaustralia/



Medela

afterpay
zip pay

The research-based Symphony breast pump has been developed specifically to support mums throughout their breastfeeding journey: to initiate, build and maintain an adequate milk supply.

With the Medela pump sets, you can express your breast milk from the comfort of your own home using your Medela Symphony rental breast pump. Visit www.medelahire.com.au to rent.





medelastore.com.au

instagram.com/medela_au/

facebook.com/medela.au/

Solidea

afterpay

Recommended by Obstetricians and Physiotherapists, Solidea Pregnancy and Recovery shorts, leggings and stockings provide proven medical compression. Specifically designed to support your changing body during pregnancy and improve your recovery following childbirth.

Minimise back/pelvic pain and support your pelvic floor and abdominal muscles in a lightweight, breathable fabric suitable all year around.





solidea.com.au

instagram.com/solideapregnancyandrecovery/

facebook.com/SolideaAus/

Peekabee

afterpay

We create quality, eco-friendly and non-toxic products for littles aged 0-8 years. Mealtimes can be stressful, so our goal is to help make feeding fun and reduce mealtime stress. We are also passionate about educating parents on how simple it can be to feed kids healthy homemade food.





peekabee.com.au

instagram.com/peekabee.au/

facebook.com/peekabee

Things For Twins

afterpay

Things for Twins are passionate about providing practical, innovative and fun products that have been carefully selected to make the challenges associated with raising multiples just that little bit easier.

SPECIALISING IN:

- Twin Feeding Pillows
- Pool Floats
- Twin Carriers
- Books for Multiples
- Twin Milestone Cards
- Twin Clothing

AND MUCH MORE





thingsfortwins.com.au

instagram.com/thingsfortwins

facebook.com/thingsfortwins

Ecosa

afterpay
zip pay

As a mum of a newborn, you need the best quality sleep possible. With ultra-convenient delivery and 3 levels of adjustable firmness, the Ecosa is a mama's secret weapon.





www.ecosa.com.au

instagram.com/ecosa_sleep

facebook.com/ecosasleep/

Flatoutbear

Soft, cuddly and flat, the FLATOUTbear and FLATOUTbear baby are made from Apr 100% pure Austral-ian sheepskin shaped like a teddy bear. It's the perfect natu-ral comforter and sleep companion for babies and children and is the ultimate luxury teddy bear.





flatout.com.au

instagram.com/flatoutbear

facebook.com/FLATOUTbear

Sophie The Giraffe



Sophie the Giraffe has been made in France since 1961. Its name refers to its launch on 25 May 1961, Saint Sophie's day.

She is very flexible and has lots of parts for baby to chew on. Sophie is perfect for soothing baby's sore gums when teething and is completely safe. Made of 100% natural rubber and A grade food paint.



lesfolies.com.au

instagram.com/sophiethegiraffeaustralia

facebook.com/sophielagirafe.officialAUSTRALIA

Marcus & Marcus

Marcus & Marcus is an award winning well-designed practical, colourful feeding product label that assists in your young child's development.

The bold engaging colours with trendy designs are made from safe non-toxic soft food grade silicone, microwave and dishwasher safe and will withstanding temperatures -20'C to 220'C, easy to clean.





marcusnmarcus.com.au

instagram.com/marcusnmarcus

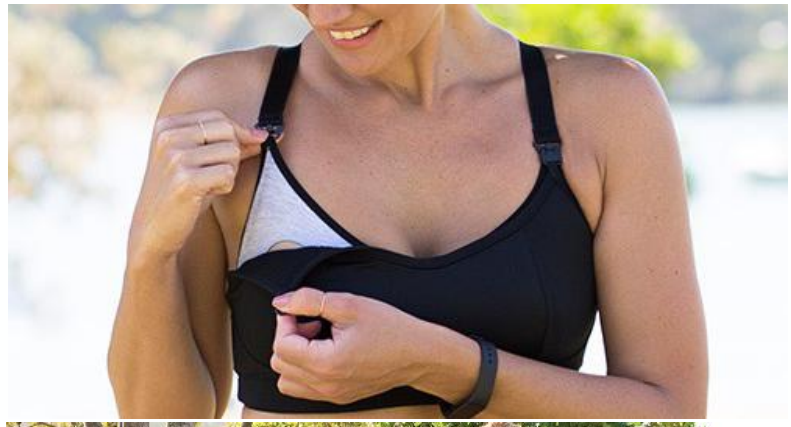
facebook.com/marcusnmarcus

Milk And Love

afterpay

zip pay

This is the place for Eco-Minded Mums! Australia's best shop for Eco Maternity & Nursing Clothes (that are stylish as well as soft and comfortable to wear). Don't miss their huge range of Natural Baby Products, Lactation Cookies , Bamboo Breast Pads and Eco Nappies! Shop online or visit their Brisbane shop.





milkandlove.com.au

instagram.com/milkandloveaus

facebook.com/MilkandLoveAus

Bae The Label

afterpay

Hi there, we're Bae

Simply put, we make great clothing for motherhood. With a loyal social following to keep us inspired, Bae is made for real mums, by real mums. Forever genuine, with a personal touch and an unassuming attitude. Our clothes are versatile and uncomplicated.

We sweat the small stuff. Every detail counts. We spend hours sourcing the best quality fabrics and perfecting our design details and fit. It's why our clothes look and feel so good.





au.baethelabel.com

instagram.com/baethelabel

facebook.com/baethelabel

Beaba

BEABA'S mission is to listen to what parents want and en-sure that safety, functionality and ergonomics are the fore-front of the priority list when it comes to babies' well being.



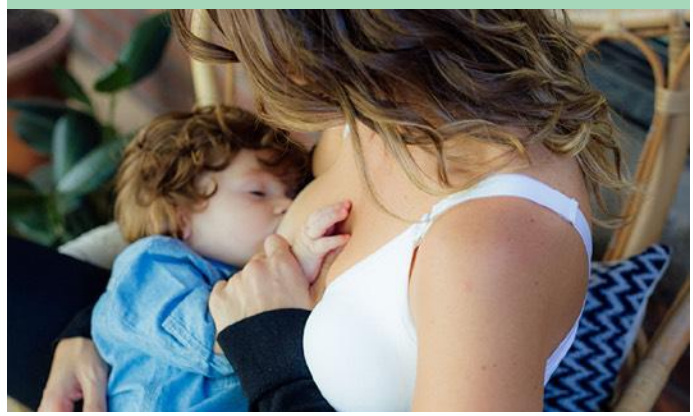
beaba.com.au

instagram.com/beaba_aus

facebook.com/BeabaAustralia

Bravado

Designed for women by women Designing maternity and nursing bras on a foundation of comfort and style is the only thing we do. Which is why moms have trusted us as experts in design for over 25 years.



thestorknest.com.au

instagram.com/bravadodesignsau

facebook.com/thestorknest

Oxo Tot

Make every day with your tot a little easier. Oxo Tot has a range of products to help feeding, drinking and potty train-ing.



thestorknest.com.au

instagram.com/thestorknest

facebook.com/thestorknest

Herobility

Learn and have fun while discovering our range of petri-sized experiment kits, including growing gems, wiring LED lights, and making bouncy balls..



thestorknest.com.au

instagram.com/thestorknest

facebook.com/thestorknest

Trunki

Colourful, exciting travel products that are the ideal compan-ions for any journey, whether it's a weekend at grandma's or a long haul flight.



trunki.com.au

instagram.com/trunkiaustralia

facebook.com/BeabaAustralia

Skip Hop

The company's products are known for their great design and superior quality. Skip Hop products make parenting easier and more fun.



thestorknest.com.au

instagram.com/skiphop.aunz

facebook.com/thestorknest

Medescan

The Medescan Rainbow Mist Top Filling Humidifier continues to offer Australia's latest way of soothing a dry nose, a congested chest or cough and help relieve dry and chapped skin.



medescan.com.au

instagram.com/medescan_official/

facebook.com/Medescan

Soul Baby Gifts

Unique & Personalised Newborn Baby Gift Hampers by Soul Baby Gifts. Beautiful, cute, luxurious, & elevated baby gifts delivered fast Australia wide & same day in Melbourne.



soulbabygifts.com.au

instagram.com/soulbabygifts

facebook.com/soulbabygifts

Jellystone Designs

Jellystone Designs is an industry leader for teethers and toys with a wonderful feel and clever design to ease toothy troubles and encourage sensory exploration.



jellystonedesigns.com.au

instagram.com/jellystonedesigns

facebook.com/jellystonedesigns

Moonlight Baby Sleep Catalina

Dedicated to helping babies by providing proven science-based sleep guidance tailored around each family's needs. Implementing healthy sleep habits early avoids sleep training in the future.



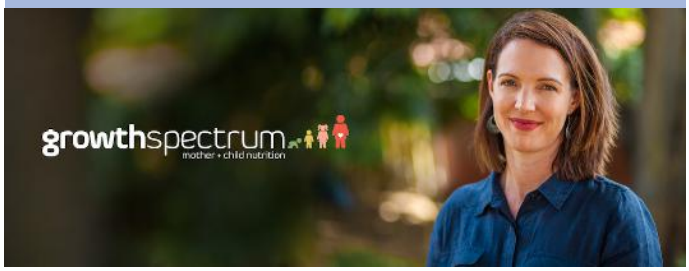
moonlightbabysleep.com.au

instagram.com/moonlightbabysleep

facebook.com/moonlightbabysleep

Growth Spectrum

The first 1,000-days of life form the foundations for long-term health. Gain confidence with nutrition & breastfeeding support-giving your child the best start to life.



growthspectrum
mother + child nutrition

growthspectrum.com.au

instagram.com/growthspectrum

facebook.com/growthspectrum

Haru Hana

We like to provide our little ones with comfortable, affordable children's wear, accessories and essentials. We are sourcing brands from South Korea and various international and Australian brands.



haruhana.com.au

instagram.com/haruhana

facebook.com/haruhana

Wild Indiana

Wild Indiana is passionate about your baby's development and equipping you with products to help you transition through the big milestones!



wildindiana.com.au

instagram.com/wildindiana

facebook.com/wildindiana

Djeco

Djeco is a French brand featuring products designed by artists and illustrators. The range encourages interaction from babies, as cognitive ability and hand eye coordination is developed.



kaleidoscope.com.au/djeco

instagram.com/kaleidoscopeaustralia

facebook.com/kaleidoscopeaustraliapl

Music Beat

At Music Beat Australia we stock a huge range of baby and children's musical instruments to suit varying age groups. Find the right musical instrument for your child's needs



musicbeat.com.au/shop

instagram.com/kidsmusicbeat

facebook.com/BoppinBabiesAus

Milk And Love

Natural and eco essentials for Mum & Baby. Check out the value bundles to help you save money. Shop online or visit their Brisbane Shop.

afterpay

zip pay



milkandlove.com.au

instagram.com/milkandloveaus

facebook.com/MilkandLoveAus

little one's
ULTRA DRY NAPPIES FOR BOYS & GIRLS

Newborn Checklist

In the Nursery

- [ ] Bassinet /Cot

For optimum safe sleep safety for your newborn ensure your cots is Australian Standards - approved **AS/NZS 2172:2003**

- [ ] Mattress
- [ ] Mattress Protector
- [ ] Bedding for bassinet
- [ ] Baby Monitor
- [ ] Nightlight
- [ ] Baby wraps
- [ ] Swaddle / Baby Sleep Bags
- [ ] Quilt / Blankets
- [ ] Room thermometer
- [ ] Musical mobile
- [ ] Dummies
- [ ] Change table
- [ ] Change Mat
- [ ] Baby brush and comb
- [ ] Nappies
- [ ] Toiletries (Lotion/baby shampoo/talc-free powder)
- [ ] Nappy Storage Holder
- [ ] Nappy liners (for reusable nappies)
- [ ] Nappy Wipes
- [ ] Nappy Bin
- [ ] Baby Bath
- [ ] Bath thermometer
- [ ] Non-slip bath mat
- [ ] Sponge
- [ ] Bath Seat
- [ ] Baby Towels
- [ ] Face cloth
- [ ] Nappy Cream
- [ ] Baby moisturizer/oils
- [ ] Cotton Pads
- [ ] Cotton Buds
- [ ] Round-tipped nail clippers/scissors
- [ ] Hair Brush
- [ ] Toybox
- [ ] Baby Sleepytime book
- [ ] First Aid Kit
- [ ] Thermometer
- [ ] Drawers / Dresser
- [ ] Coat Hangers
- [ ] Baby Bouncer
- [ ] Baby Gym
- [ ] Toys
- [ ] Humidifier
- [ ] Safety equipment

ie: child restraint locks and gates, stove guard and door knob covers.

Outside the house

- [ ] Pram/Stroller
- [ ] Pram UV cover/rain cover
- [ ] Portable change mat
- [ ] Pram liners
- [ ] Pram toys
- [ ] Pram Blanket

little one's
ULTRA DRY NAPPIES FOR BOYS & GIRLS

Newborn Checklist

continued

- ☐ Nappy Bag
- ☐ Baby sling or baby carrier
- ☐ Porta Cot
- ☐ Baby Car Capsule/Seat (0-6 months)

If you're driving home from the hospital, you will need an Australian/New Zealand standard **AS/NZD 1754** rear facing child restraint. Ideally, you should have them professionally fitted prior to the babies arrival.

- ☐ Rear-facing mirror
- ☐ Window shades
- ☐ Convertible car seat (0-4 years)
- ☐ Extension Straps
- ☐ Head support

For Mum

If breastfeeding:

- ☐ Breast Pump
- ☐ Breast Pads
- ☐ Breast milk storage bag
- ☐ Breastfeeding bras and tops
- ☐ Breastfeeding support pillow
- ☐ Breastfeeding cloak
- ☐ Nipple shields
- ☐ Nipple cream

In addition:

- ☐ Feeding Pillow
- ☐ Feeding Chair
- ☐ Steriliser
- ☐ Formula
- ☐ Bottles
- ☐ Bottle warmer
- ☐ Bottle carrier
- ☐ Bottle brush
- ☐ Bibs
- ☐ Teats

For Baby

- ☐ Newborn clothing sets
- ☐ Coveralls / rompers
- ☐ Sleepsuits
- ☐ Grow suits
- ☐ Sunhat
- ☐ Bibs
- ☐ Booties
- ☐ Singlets
- ☐ Beanie
- ☐ Mittens
- ☐ Jackets, Jumpers, Cardigans
- ☐ Socks

For Support Person (Dad) – at Hospital

- ☐ Camera / Video Camera and charger
- ☐ Money for snacks, drinks and coffee

Australia's Top Parenting Resources

The arrival of your newborn is one of the happiest most joyous times of your life. It shouldn't be tainted by being unsure where to go for parenting support, information and advice.

Kiddipedia's website is a good place to start for general information as our keyword search provides access to Australia's top parenting websites, and their articles, from one place.

The views and opinions expressed in our partnered parenting sites are of their editorial staff and contributors.

Kiddipedia also provides a list **Australia's National Helpline** numbers which can be found **here.**

I hope this guide helped provide some support for your parenting journey ahead and can assist you in being the best parent you can.

For specialised medical advice and information please consult your Maternal Child and Family Health Nurse or the appropriate medical professionals. Please call 000 in case of an emergency.

We look forward to continuing to support you as your little one grows.

Much love,

Rach xoxo

Partner Parenting Sites

kidspot.com.au
StartingBlocks.gov.au
Essential Baby
ABC Parenting
babycenter
raisingchildren.net.au
ParentHub grow. love. learn.
the bubhub trusted by parents since 2002
CHILD
Pregnancy Babies & Children's EXPO
Nestlé Start Healthy Stay Healthy
kidspot birth .com.au
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