

kiddipedia®
Where parents go for their answers.

NEWBORN GUIDE





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 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





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



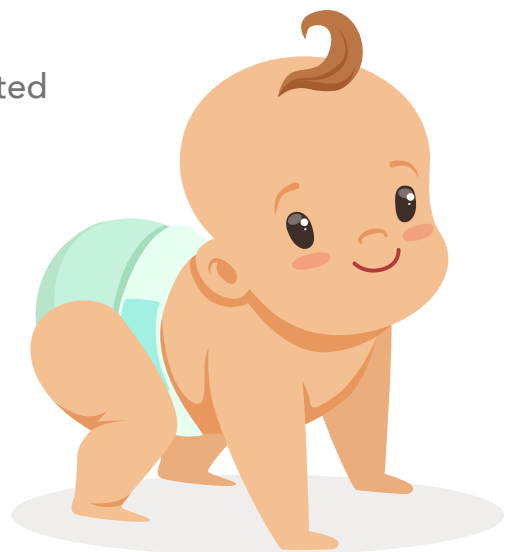
TAP or CLICK

on each of the photos to be directed to their website



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the e-catalogue with loved ones for inspirational gift ideas





babyU.com.au

babyU Bamboo Meal Ware is Australian designed and owned.

Made from Bamboo and polymer blends, this quality meal ware is not only practical and good for your family but also the environment. Bamboo is anti-bacterial and anti-fungal and no fertiliser or pesticides are required for it to grow and not much water is needed.

babyU Bamboo Meal Ware contains bamboo and polymer blends. Top rack dishwasher safe and microwave safe. This product is BPS, BPA and Melamine Free. The individual sleeve packaging is recyclable. Ideal for a consumer that is 12 months plus.

nicepak.com.au/baby-u



Red Nose Safe Sleeping

How to sleep your baby safely

Red Nose recommends six key steps to reduce the risk of sudden infant death:

- 1) Always place baby on their back to sleep
- 2) Keep baby's face and head uncovered
- 3) Keep baby smoke free before and after birth
- 4) Safe sleeping environment night and day
- 5) Sleep baby in a safe cot in your room for the first 6-12 months
- 6) Breastfeed baby.

Red Nose Safe Sleep Advice Hub

For more free advice, visit the Red Nose Safe Sleep Advice Hub

rednose.org.au/safesleep

Call our Safe Sleep Advice Line 1300 998 698 (during business hours)

education@rednose.org.au



Child Accident Prevention Foundation of Australia



Each year, approximately 150 Australian children aged 0-14 years die and 68,000 are hospitalised, as a result of unintentional injuries.



HOME SAFETY



PRODUCT SAFETY



ROAD SAFETY



SAFE PLAY



WATER SAFETY

For over 40 years, Kidsafe has worked within the community to help prevent these injuries and keep children safe at home, around water, on the road and at play.

Download our '[Parent's Guide to Kidsafe Homes](#)' to help keep your family safe today.

www.kidsafe.com.au

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 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...

Woolworths 



For full article, [click here](#)



miracle babies
FOUNDATION



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

Miracle Babies Foundation commemorates '15 years of Nurturing' families of premature and sick newborns

Miracle Babies Foundation is Australia's leading not for profit organisation supporting premature and sick newborns and their families. 2020 marks '15 years of Nurturing' for Miracle Babies Foundation, and whilst this year has brought with it many difficulties, we're continuing to adapt to support the families that need us the most.

In 2005, a group of mums who bonded over their shared journey with a sick or premature baby in hospital, started Miracle Babies Foundation as a way to support other families going through the NICU (Newborn Intensive Care Unit) or SCN (Special Care Nursery) experience.

Read full article [here](#)

NurtureLine 24hr family support helpline:
1300 622 243 (1300 MBABIES)
miraclebabies.org.au



Helping you find a quality child care service

Learning begins from the minute your child is born. Whether they're being cared for at home or in child care, it's important for them to have opportunities to learn and develop every day.

Research shows children who experience quality early education in their first five years have improved brain function and better health and education outcomes.

Services across Australia receive a quality rating once they have been assessed and rated against the [National Quality Standard \(NQS\)](#). They are given one of these quality ratings: Significant Improvement Required, Working Towards NQS, Meeting NQS, Exceeding NQS or Excellent. When you're visiting a service, you can ask them about their [quality rating](#), and what the service is doing to improve their rating.

Taking your first step into child care

As all children and families are unique, your experiences will influence whether to enrol your child at a service. Most services have a waiting list, it's best to sign up for more than one to improve your chances of enrolling at a service you're happy with.

[StartingBlocks.gov.au](#) is the perfect place to start. The '[Find child care](#)' tool allows you to enter your postcode to find all the open approved services in your area and check their quality rating.

Read the full article [here](#)

Be the best teacher you can be

This article is proudly brought to you by 

Written by Dr Tessa Grigg and Bindy Cummings

Teacher training for parents is not something we spend time thinking about when we have a little new baby and sleep deprivation is a feature of our new world. However, as your child develops and establishes some routines, you will start to see what an important role you are playing in their development. You are your child's first and most important teacher. There is an exciting and enormous amount of brain growth that can go on in these early years if children are given appropriate learning opportunities and the opportunity to use their brain.

Nature vs nurture has been debated for many years regarding children's development. The current thinking is that nature maps out the blueprint or rough design, but nurture has a profound effect on the expression of that

design. The environment provided for children needs to include stability, constancy and daily interactions, particularly physical. Babies who have the right movement experiences in their early years have better coordination, concentration, memory, behaviour and perception as they get older. In addition, they have improved confidence, communication and socialisation skills.

Knowledge gives parents power and confidence in their teaching role. Finding good sources of information to help parents is something we take very seriously at GymbaROO-KindyROO. We believe that **every parent has a right and the need to have access to this important information**. We also strongly believe that every child deserves the right to be able to learn easily and successfully. For these reasons, we invest time and resources into...



[For full article, click here](#)



Dr Tessa Grigg

Dr Tessa (PhD, Dip Tchng) is the Research and Education Manager at Toddler Kindy GymbaROO and KindyROO, a part-time lecturer at the University of Canterbury, NZ, a teacher and producer of children's music.



The Australian Doula College is an integrated organisation 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.

Relaxing into Labour with Oxytocin

Of all the most rapidly increasing concerns in childbirth today, by far the one that concerns me the most is medical induction. Often this is done as a routine precaution for a variety of reasons or because hospital policy deems a woman is 'over her due date'.

Induced labour can be indicated as necessary due to health concerns for the mother or baby, however, inducing (starting) or augmenting (speeding up) a woman's labour can often lead to other interventions.

Read full article [here](#)



Sleep Health
FOUNDATION



Sleep Health Foundation Australia's Leading Advocate for Healthy Sleep

Tips to Help Baby Sleep Better; Sleep Tips for New Mothers

Welcoming your newborn baby home is an exciting experience but it's a well-known fact that babies can also turn your world "upside down" for a while until they establish sleep routines. To help you ensure that both you, as a new parent, and your baby can develop health sleep practices the Sleep Health Foundation has some great advice which can be accessed free through their website.

Read full article [here](#)

sleephealthfoundation.org.au

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!

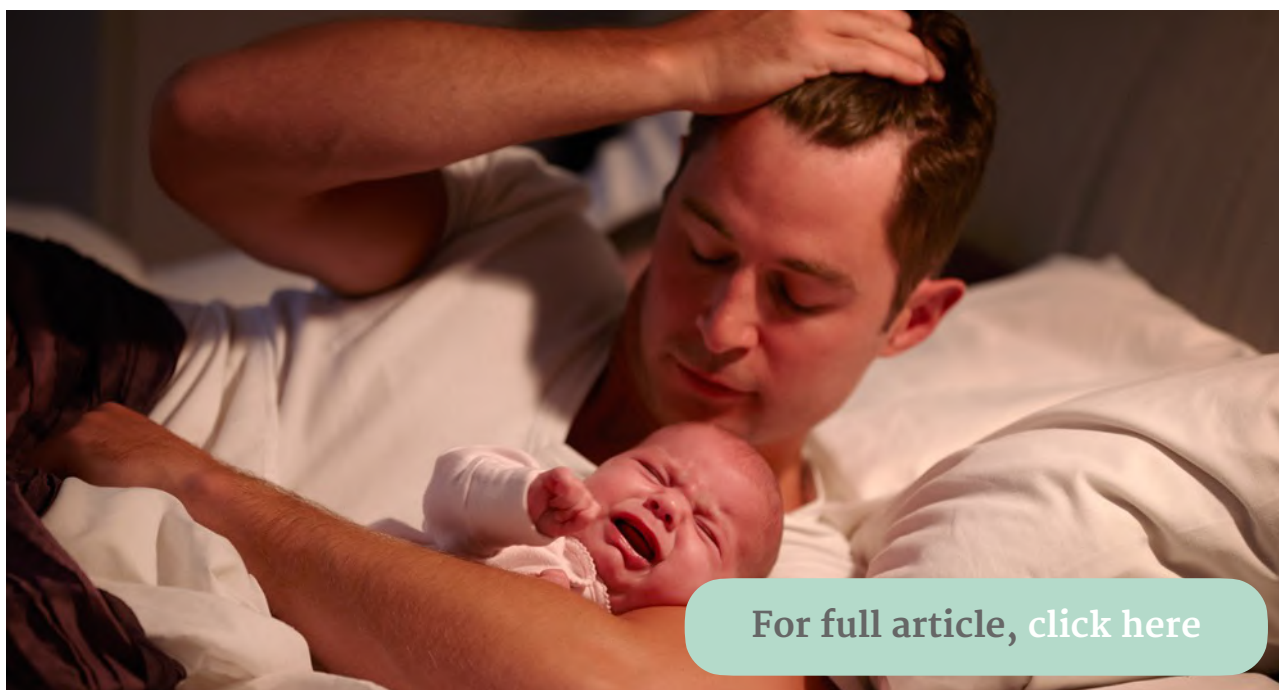
Sleep when your baby sleeps

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...

Woolworths 



For full article, [click here](#)



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

amba.org.au/clubfinder



making life easier

babyU is an Australian owned brand for mothers and babies that launched in 2005. Its ethos is that mothers do not need to pay a premium to get quality and value for money. The range features toilet training solutions and skincare enriched with nourishing goat's milk, specially formulated for babies and toddlers. The brand also offers essentials like nappy bags, change mats and quality baby wipes at affordable prices.

nicepak.com.au/baby-u

Your baby's first teacher – yes you!!

This article is proudly brought to you by



Written by Dr Tessa Grigg and Bindy Cummings

When your beautiful baby came into the world we are sure you were not thinking about your new role as a teacher. But that is, in fact, what every parent is: the first teacher your child will know and learn from, and you will be the teacher they know best! So, as your child's first teacher, we encourage you to take very good care of yourself so you are able to focus on this all-important job.

Initially with a very young baby the teaching is easy. Everything you do with your baby is a learning experience. Every touch, every hug, every bath, every smile, every word, every feed, every nappy change, every everything..... But as they grow there are things we can intentionally provide for a baby, and this is where it gets interesting.

You may know that activities like Tummy Time and 'crawl before you walk' are extremely important in your baby's first year (and beyond), but did you know that babies who have the right early movement experiences in their first year have better coordination, concentration, memory, behaviour and perception as they get older? It's pretty important information!

Dr Jane Williams, one of Australia's leading child development experts and CEO of GympaROO-KindyROO says that the correct stimulation for babies influences how well they behave, read and learn when they reach school. "It is well researched that during these earliest years of life much of the essential wiring linked to learning is laid down," she says...

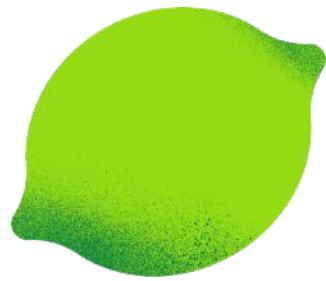


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Dr Tessa Grigg

Dr Tessa (PhD, Dip Tchng) is the Research and Education Manager at Toddler Kindy GympaROO and KindyROO, a part-time lecturer at the University of Canterbury, NZ, a teacher and producer of children's music.



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covitol.com.au

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...

Woolworths 



For full article, [click here](#)



Beautifully Organic Baby and Toddler Clothing and Accessories



The Purebaby Essentials collection combines timeless style with highly functional baby clothing, created from comfortable certified organic cotton. This range is designed to service all the clothing needs for a new baby.

Our Hospital Checklist is an invaluable resource to help prepare for the arrival of your little one. Whether it's your first child or not, our detailed checklist will ensure you have everything you need—for both mum and baby.

To view the hospital checklist please [click here](#)

purebaby.com.au

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WaterWipes are the world's purest baby wipes. Made with just 99.9% water and a drop of fruit extract



WaterWipes are the world's purest baby wipes, made with 99.9% water and a drop of fruit extract. They are suitable for sensitive, newborn and premature baby's skin and is recommended by 97% of Midwives in Australia*.

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Available from selected supermarkets, pharmacies and online.

*Baobag, study of midwives, 2019.

waterwipes.com/au/en

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...

Woolworths 



For full article, [click here](#)

nanobébé



jiffi



59S

The Pioneer of LED sterilization



Rochilou offers a range of baby feeding, bottle warming and sterilisation solutions that support feeding and caring for small children including Nanobebe, Jiffi and 59S.

Rochilou really has found some truly innovating products. A great example of this is the nanobébé bottles. Rather than your typical cylindrical bottle, the nanobébé has a “breast” shape with more surface area than a traditional bottle, which allows milk to heat and cool twice as fast as other bottles. In doing so, it reduces confusion and preserves valuable breast milk nutrients.”

When it comes to bottle warming, we all have dealt with the frustrations of uneven warming, overheated bottles or taking ages to reach the correct temperature. Rochilou’s Jiffi Warmers have addressed all these issues with a great portable warmer or a version for home use.

With so much talk about virus and germs, Rochilou’s 59S LED UV Sterilizers are changing the game. This range includes products that are convenient and allow you to sterilise a dummy while out – all the way up to a bench top sterilizer, which uses medical grade sterilization at the touch of a button.

rochilou.com.au



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SUBJECT MATTER EXPERTS & 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. We have split articles into the following 3 sections to make it easy for you to find the articles most relevant to you.

Pregnancy 24-30

Labour 31-34

Newborn Baby 35-44

COVID Support 45-48



PREGNANCY



Vaccinations for pregnancy

Generally speaking, vaccinations tend to be a grey area for most expecting mums, and it is easy to see why. For most women, the focus is on falling pregnant as opposed to preparing to fall pregnant, and by the time they see their doctor for a referral to an obstetrician or maternity carer, many learn there are immunisations and/or boosters recommended for women before they conceive...



Dr Ian Hill

Dr Ian Hill is an experienced obstetrician and gynaecologist practicing in the inner west and eastern suburbs of Sydney...

For full article, [click here](#)

How to prepare for a baby and ensure a healthy pregnancy

For those hoping to grow their family, there's nothing more exciting than falling pregnant and sharing the news with your loved ones. As an obstetrician and gynaecologist at the Mater Hospital – one of Sydney's leading maternity hospitals – I often get asked "How do I get pregnant naturally?", "How do I improve my odds?" or, the more...



Dr Karen Sheng

Dr Karen Sheng is certified obstetrician and gynaecologist at the Mater Private Hospital, one of Sydney's leading maternity hospital...

For full article, [click here](#)



Private versus Public maternity care – A decision making framework

Private versus public maternity care. It's a debate that's rife in pregnancy chat rooms. It provides great fodder in the 'mummy wars'. But to me, there is no debate as no one can 'win'. Each person has a unique set of circumstances that will determine whether private or public maternity care is...



Emma Diepenhorst

Emma Diepenhorst helps women from pre-pregnancy and beyond to identify effective strategies to build a meaningful life that ...

For full article, [click here](#)

PREGNANCY



How a woman's body changes during pregnancy

Your body undergoes significant change throughout your pregnancy to make room for your growing baby. The uterus increases significantly in size and weight during pregnancy. Its volume can increase 500-1000 times the size of a non-pregnant woman's uterus, and its weight increases from 70g to around 1kg at full-term...



Rachel Simpson

Rachel is a Women's Health Educator for women who want to understand their bodies. An Australian-trained physiotherapist...

For full article, [click here](#)

How to prepare for a baby, 20 questions every parent should ask themselves before the new arrival

Whether it is your first child or your fifth child, preparing for your baby often includes a lot of preparing for the material things that goes along with the nesting process, do we...



Sheena Schuy

Sheena is a registered social worker and the founder of Savasana Collective, Holistic Psychology, Coaching & Social Work...

For full article, [click here](#)



Waiting for baby to come – Understanding how hormones help

For some women who are about to birth the waiting for their baby to come can be challenging, particularly if you are past your 'due date'. Remember we have a 'due month', so anything from 37 weeks to 42 weeks is the...



Jules Brooks

Jules Brooks is a Childbirth Educator, Doula and Co-Creator of About Birth, Australia's leading online birth education program...

For full article, [click here](#)

PREGNANCY



Everything you need to take to the birthing suite

Some people have an innate ability all their life to pack lightly – and I’m unashamedly not one of them. So this article is about being totally and utterly prepared for the arrival of a baby, not partially or reasonably prepared, but extraordinarily prepared. As Baby Whisperer author Tracey Hogg says “One of the reasons my babies do well is that...



Kathy Fray

Kathy Fray is an award-winning best-selling parenting author, passionate promoter of mothers-to-be accessing empowering...

For full article, [click here](#)

Preparing your toddler for a new baby

Your first child has been the centre of your family universe; he or she is used to receiving your undivided attention. Now your preschooler is about to be upstaged by a newcomer. This is not an easy transition for a young child to make and...

Emeritus Professor Susan Moore and Emeritus Professor Doreen Rosenthal

Widely published developmental social psychologists whose major research interests encompass key transitions across life stages, including parenting...



For full article, [click here](#)



Having a second child: Fourteen ways it’s different from the first

You’re more relaxed, less of a perfectionist. You’ll trust your instincts; you’re aware that this little bundle is more robust than she looks. You won’t panic with every cry or snuffle, nor are you likely to compete with other mothers about baby’s milestones. You know they’ll develop in their own time...

Emeritus Professor Susan Moore and Emeritus Professor Doreen Rosenthal

Widely published developmental social psychologists whose major research interests encompass key transitions across life stages...



For full article, [click here](#)

PREGNANCY



How to monitor the intensity of your pregnancy workouts without tracking your heart rate

So many women are confused about how to exercise safely during pregnancy. Everyone seems to have a different answer – doctors, family and friends, personal trainers – and the research and recommendations for safe exercise ...



Rachel Simpson

Rachel Simpson is a Women's Health Educator for women who want to understand their bodies...

For full article, [click here](#)

Exercising at home post-baby

To be honest, after working with hundreds of mums over 15 years, I always thought that I had a solid understanding of what new mums go through when trying to regain their strength and fitness post-baby. When Willow was born, getting to work so closely with Snez gave me a deeper understanding than I've ever had before. Of course, what women go through is something you will only really...



Sam Wood

Sam Wood is one of Australia's leading fitness experts and the founder of Australia's fastest growing online training and nutrition program, 28 by Sam Wood...

For full article, [click here](#)



The joy of movement

That first kick that a woman feels during pregnancy is our earliest sign of the importance of movement. That feeling is so special, it's the first real physical indication that we have another little human growing inside. Such is the importance of physical movement for our growth, development and long term health...



Jane Kilkenny

Jane is a Successful Business Owner. She has been working in health and fitness for over 25 years. She has a wealth of experience in supporting people on their health and fitness...

For full article, [click here](#)

PREGNANCY



Newborns and sleep: The Roadmap

Let's talk newborns and sleep! Congratulations on your precious newborn. Babies are little miracles and bring bundles of joy. But along with all the love and joy this newborn journey brings, also comes many, many questions. Am I right?...



Emma O'Callaghan

Emma is a Midwife and IVF Reproductive Nurse Specialist compliments her Certification as an Infant and Child Sleep Consultant and...

For full article, [click here](#)

Safe sleep for babies

Newborns sleep up to a total of 16 hours per day. With so much time spent sleeping, it is incredibly important for parents to play a key role in creating a safe sleeping environment for their babies. That way, everyone can have a good night's rest. Below are safe sleeping tips and practices I recommend for all parents and mums-to-be...



Sarah Neale

Sarah Neale is a Clinical Nurse Coordinator at The Mater Hospital, one of Sydney's leading maternity hospitals...

For full article, [click here](#)



Catnapping, babies aged 8 to 16 weeks

I define catnapping as daytime sleeps that are shorter than 40 minutes. The first time catnapping becomes a problem is when your baby starts to sleep in daytime sleep cycles (the process of drifting between light and deep sleep). An adult changes sleep cycle every 90 minutes but in babies it can be as short as twenty minutes...



Tizzie Hall

Tizzie Hall is Australia's bestselling parenting author having written the Save Our Sleep series. www.saveoursleep.com ...

For full article, [click here](#)

PREGNANCY



Baby and toddler sleep help that isn't sleep training

Some parents may even be aware that, despite many studies evaluating sleep training approaches internationally over the past two or three decades, the best, high-level evidence tells us that sleep training actually doesn't decrease the frequency of night waking in the first year of life...



Dr Pamela Douglas

Dr Pamela is the Medical Director of Possums for Parents with Babies, Senior Lecturer, Primary Care Clinic Unit, The University of...

For full article, [click here](#)

Settling for newborns

When your baby arrives into the world, we think of how cute and tiny they are. With their adorable faces and innocent smiles. It is hard not to marvel at the miracle of life. But many parents are not prepared for the lack of sleep and the struggle they may face. The earlier you introduce healthy sleep habits the easier life will be for you and your...



Leanne Trevor

Leanne is a Certified Baby Sleep Consultant, Mother In Touch's Expert Consultant and Midwife and Registered Nurse...

For full article, [click here](#)



Understanding babies' cries – The key to successful settling

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...



Catherine Bendeich

Catherine Bendeich is Dream Winks - Sleep & Feeding Consultant. Catherine is qualified as an Infant and Child Sleep Consultant and also has qualifications in Infant, Child & Adolescent...

For full article, [click here](#)



Hospital Bag Checklist

For labour in hospital

- Pregnancy/maternity notes or card
- Birth plan (if using)
- Medicare card, hospital paperwork, health insurance card (if using)
- Massage oil
- Lip balm
- Toiletries
- Hair brush and bands
- Warm socks
- Nightie or large t-shirt
- Light weight dressing gown
- Slippers
- Heat packs, check your hospitals policy they may provide these
- Music, download onto phone
- Snacks
- Lolly pops
- Water spray bottle
- Your phone and charger, update contacts to call after birth, install labour app if using, headphones
- Bathers and spare clothes for birth partner, if gets in shower, birth pool
- Magazine, book, notepad and pen
- _____
- _____

For your postnatal stay

- Some comfortable sleepwear, light weight as hospitals often warm. Consider front opening if breastfeeding
- A few pairs of comfortable underwear, dark colours are good as they often become stained

- Maternity sanitary pads including overnight pads
- A light weight dressing gown
- Slippers
- Some warm socks
- Breast pads, lanolin cream (if using) & nursing bras
- Your phone and charger
- Toiletries and cosmetics
- Notepad and pen
- Laptop/tablet
- Comfortable day clothes to wear during the day and to wear home, maternity wear will still be suitable
- Ear plugs in case it's noisy
- Small amount of money for snacks, newspaper etc
- Gifts/activities for older siblings
- _____
- _____

For your baby

- At least 4 onesies and singlets
- Socks, mittens, and hat (depending on season)
- Wraps to swaddle
- Dummy (if using)
- Going-home outfit, including a hat and blanket
- About 20-30 newborn nappies
- Baby wipes large pack
- If bottle feeding: bottles, teats, formula
- Infant car seat fitted in car
- _____
- _____

! Check what your hospital or birth centre provide during labour and your postnatal stay



Pelvic floor exercises before and after birth – “Putting on your life jacket first”

There is so much to get excited about when you’re pregnant. From creating the nursery, checking out the most adaptable pram, the slickest breast-feeding pumps, to hunting out your favourite baby names. Getting excited about doing pelvic floor exercises is far less...



Sue Croft

Sue is a Pelvic Health Physiotherapist, Co-Chair Scientific Committee NCOI2020, Author Pelvic Floor Recovery: Physiotherapy for...

For full article, [click here](#)

Pelvic floor exercises before & after birth

Without a doubt, during your pregnancy you’ll hear the term ‘pelvic floor exercises’. But do you really need to do these regularly? And if so, how do you know if you’re doing them correctly?

Because the pelvic floor is an ‘invisible’ muscle, located...



Taryn Watson

Taryn is a Pelvic Health Physiotherapist and Owner & Founder of FitRight Physio

For full article, [click here](#)



The pelvic floor and its importance to our body during and after childbirth

So, you’ve just given birth to your beautiful baby. Your girlfriends have told you about the wonderful and exciting things that happen to you once you become a mother, but no one tells you about the down side of motherhood ...



Linda Davlin

Linda is the Clinic Director of Davlin Health Melbourne.

For full article, [click here](#)





The challenges couples face after childbirth with romance and sex.

Many couples experience issues with sex and romance after baby arrives. The relationship often changes and there are reasons for this change. Women can experience multiple physical issues after the birth of a baby. The physical recovery needs at least six...



Dr Karen Phillip

Dr Karen is a counselling psychotherapist and clinical hypnotherapist who runs a busy practice on the lovely Central Coast of NSW.

For full article, [click here](#)

Top 10 tips to getting the spark back in your relationship after childbirth

You have just bought your beautiful baby home from the hospital and you are so in love, exhausted and overwhelmed all at the same time. Suddenly your relationship to your partner has taken a back seat and not only has it taken a back seat, it has changed...



Beck Thompson

Beck is a relationship coach and the owner and founder of The Relationship Circle – a no BS relationship coaching that digs deep, gets

For full article, [click here](#)



Sex after childbirth

People may warn you about how your life will change when you have a baby. Yet nothing really prepares you for the reality!

You knew you would feel tired, but now realise that you didn't really know what that really meant until the baby...



Debbie Rivers

Debbie is a dating/relationship expert who works with singles and couples. Her passion is enabling people to create and maintain

For full article, [click here](#)





Setting up a nursery on a budget

You've found out you're pregnant and probably preparing lists of things you're going to need for the new baby. Wouldn't it be helpful to know what is a need and what you can do without? I've been a registered midwife for over 30 years, and I can help you navigate all of this parenting malarkey like a total pro. And save you a heap of money...



Karen Faulkner

Karen is a modern-day Mary Poppins, helping babies and children sleep and giving calm and confidence back to parents...

For full article, [click here](#)

How to turn a room into a nursery

Creating a room for your newborn can be a difficult process. In this article, we will cover everything you have to know when creating a nursery in your home. Congratulations! You are about to receive the most adorable bundle of joy! Your beautiful baby is on its way and you have to prepare everything for its arrival...



Martin from Spare Space Solutions

Martin is passionate about the space around him being beautiful...

For full article, [click here](#)



How to maximise space in your nursery

For expectant parents, one of the most special moments is taking time to create a safe space for your anticipated little one and designing a beautiful and well-equipped nursery. For many of us living in cities or within houses or apartments which don't have a lot of space we need to get creative, but this doesn't mean you need to compromise on having the...



Tasman Eco

Tasman Eco provides Australian and international families with eco-friendly and great quality nursery furniture, offering...

For full article, [click here](#)



3 Toxins to remove from your life to maximise your fertility

Toxin exposure is often overlooked as a cause of infertility, but in our modern world we are being bombarded every day by hundreds of toxins that can have devastating effects on your reproductive organs. Let's have a look at the top 3 toxins you should be avoiding to give your body the best shot at conception possible...



Kim Gatenby

Kim is a Doctor of Chinese Medicine with 14 years experience treating complex cases of infertility in women and men...

For full article, [click here](#)

When birth just doesn't go to plan

Having a C-section or Caesarean Section Birth truly was never on my radar. Sure I was present at birth class when it was discussed but honestly I tuned out, I thought that I was going to be great at giving birth...just like my mum. My Name is Kate Seselja and I come from a large family in Sydney, I have 1 older brother and 5 younger sisters, my...



Kate Seselja

Kate is a passionate wife and mum of 6, who loves celebrating all of our humanness. Kate is an international speaker on Resilience...

For full article, [click here](#)



Low egg reserve – Can I still have children?

Being diagnosed with a fertility condition can be very daunting, especially when having a baby is something you always planned on doing. But with the right advice, your body can be supported to perform at it's peak, even if the clock has started ticking faster...



Kim Gatenby

Kim is a Doctor of Chinese Medicine with 14 years experience treating complex cases of infertility in women and men...

For full article, [click here](#)





To breastfeed or not to breastfeed

One of the most stressful moments for new parents is leaving the security of a hospital to take their new-born home for the first time. After arriving at home, they are faced with a range of decisions and challenges while navigating through the first stages of parenthood. One of the main concerns new mothers face in particular...



Dr Ryan Harvey

Dr Ryan Harvey joined the House Call Doctor team in 2015 and is now the service's Clinical Director...

For full article, [click here](#)

Is your breastfed baby getting enough milk? A lactation consultant's checklist

If you feel anxious about how much milk your breastfed baby is getting, you aren't alone. One of the most commonly reported reasons for women stopping breastfeeding low milk supply...



Pinky McKay

Pinky McKay is an Internationally Certified Lactation Consultant (IBCLC) and best-selling author of *Sleeping Like a Baby* and...

For full article, [click here](#)



Your top breastfeeding questions answered

Firstly, congratulations on becoming a mumma! I'm sure that you've already discovered that feeding your bub is one of your biggest concerns at the moment. If you're like most mummas, you've already started to track every poo, every burp and worry endlessly and whether your sweetheart is getting enough or too much...



Melanie McGrice

Melanie McGrice is an Advanced Accredited Practising Dietitian, one of the few dietitians in Australia to achieve that status...

For full article, [click here](#)





Breast milk supply, what you need to know

Perceived insufficient milk supply is one of the most common reasons women stop breastfeeding, top up or switch to formula. Even if a mother's supply is genuinely low, it is usually a temporary situation and can be improved with appropriate education and support...



Bel Moore

Bel from Fourth Trimester Parenting is an International Board Certified Lactation Consultant (IBCLC), Midwife, Babywearing...

For full article, [click here](#)

Breastfeeding: Receiving the support you deserve

When it comes to breastfeeding, the role that the community and family play in supporting a mother in is vital. Empowering a mother, or the parents together, to choose what works for them means to enable them to breastfeed their child successfully and realise their breastfeeding goals...



Denise Condon

Denise is a Lactation Consultant at The Mater Private Hospital, one of Sydney's leading maternity hospitals, and works with...

For full article, [click here](#)



Nourishing and fuelling while sleep-deprived and breastfeeding

As you do your best to adjust (read: survive) those hours of wakefulness in the dark, this sleep deprivation is not only impacting the heaviness of your eyelids but so much more of your overall well-being...



Alicia Edge

Alicia Edge is an Advanced Sports Dietitian that focuses on performance and well-being. She is using her extensive knowledge to help...

For full article, [click here](#)



How can you help your partner while breastfeeding?

When you first have a child, there are so many new things thrust upon parents...we must quickly become experts at car seat installation, bottle sterilization, nappy changing, rocking, burping, bathing (the baby that is, not you!) and for many of us ladies – breastfeeding...



Ellen Chisholm

Ellen Chisholm in conjunction with International Board Certified Lactation Consultant – Julia Daly.

For full article, [click here](#)

Is breast really the best?

The short answer is yes. From a nutritional and health point of view; breastfeeding has so many benefits that it should be our first point of call. The long answer is not always. I believe the mental health of the mother and whole family unit is of paramount importance to the well being of the baby...



Sarah Kaldor

Sarah is the author of "The Stress-Less Baby Guide"

For full article, [click here](#)



Breast-weaning – Is there ever a right time to start formula??

This is a tricky question First-World parents often ask, and like so many parenting issues, there is no definitive answer that is appropriate for all circumstances.

We all have heard the mantra that "Breast is Best", however the reality is that breast is not 'best' ... breastmilk is ...



Kathy Fray

Kathy Fray is an award-winning best-selling parenting author, passionate promoter of mothers-to-be accessing empowering

For full article, [click here](#)





Baby carriers, what parents need to know

Quickly following safety is comfort. Structured carriers should have thick padded straps and waist bands for support. Ideally, they're adjustable to fit you, and a range of babywearers, perfectly. Wraps and slings should use breathable fabric that evenly distributes baby's weight across your body...



Sarah Idle

Sarah is Cosier's co-founder and editor. Cosier is your modern guide to shopping. We help you buy better which means buying less...

For full article, [click here](#)

Car seat safety for newborns

Unlike other car seats, capsules are designed to be easily taken in and out of the car. They can be used as a carrier or attached to a pram to make a travel system. A capsule lasts babies from newborn to around six months, sometimes up to 12...



Sarah Idle

Sarah is Cosier's co-founder and editor. Cosier is your modern guide to shopping. We help you buy better which means buying less...

For full article, [click here](#)



How to choose a baby carrier

Many parents or parents-to-be are aware of the incredible benefits of babywearing and that a safe, comfortable and easy to use baby carrier is a must-have for their parenting tool-kit. With a large range of options available that tick all of these boxes, choosing a baby carrier for your family can seem overwhelming...



Nikki Wilkins

Nikki Wilkins is a Certified Baby Carrier Consultant and founder of Australia's largest and longest running baby carrier store,

For full article, [click here](#)



Top tips for new parents

Planning around becoming a new parent is an exciting but scary rollercoaster of emotions. When we are faced with the unknown, we can often find ourselves trying to find ways of feeling in control. For me this looked like buying every item listed in articles on 'what you need for your new baby,' most of which I never used. However, by doing this it helped me feel a sense of being in control...



Elsha Young

Elsha is one of Australia's leading family therapists, mum and co-owner/founder of The Peninsula Nest a brand-new hub and wellness...

For full article, [click here](#)

Preparing for your first baby.... from the practical to the great unknown

Depending on how the pregnancy came about, preparing for your first baby can be a very romantic time. If the baby is wanted, if the couple feel very ready to become parents and stable in terms of housing and income and there is an extended network of friends and family to help, then the...



Elisabeth Shaw

Elisabeth is the CEO of Relationships Australia NSW...

For full article, [click here](#)



Preparing for your first baby

Having a baby, especially your first is one of the most amazing experiences you will ever have. It is also one of the most challenging times as you learn how to care for a newborn baby and the realities that come with that such as sleep deprivation, recovering from the birth and shifts in hormones. I wrote the book 'Survive and Enjoy Your Baby' as guide to help new parents find their own path to...



Belinda Joyce

Belinda Joyce is a midwife, maternal & child health nurse, mother of 4 and author of 'Survive and Enjoy Your Baby'. She has over ...

For full article, [click here](#)



When and how to reignite your sex-life after baby is born

Remember those pre-baby times when you both fell onto the bed in a passionate embrace, ripping each other's clothes off and ready to rock? Contrast that passion with what happens after baby is born...



Dr Janet Hall

Dr Janet Hall is a parenting expert, sex coach, hypnotherapist and author of 15 books and 17 audio recordings on sex...

For full article, [click here](#)

Sex after twins

It may not be something that is on your mind straight after giving birth, however it is a conversation that will need to be had at some point in the months following the birth. It is important that both you and your partner are on the same page when it comes to sex and getting back into it...



Naomi Dorland

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

For full article, [click here](#)



Feeling exhausted?

Being a parent on any given day is a full-time job. Add to that managing your family's health and well being during a global pandemic plus trying to stay positive if you're also having to deal with money stress... it can easily overwhelm you, dull your zest for life, and take you out of your A-game...



Tina Van Leuven

Tina van Leuven is passionate about helping others experience more joy in every aspect of their life, including their finances...

For full article, [click here](#)



Mindfully loving your newborn

There is no doubt that a mother's love for her newborn is nothing short of profound and surreal. The hormones flooding our body also make it impossible not to feel "high on love". There are some exceptions to this and hindsight is a remarkable thing...



Krissy Regan

Krissy is The Wellness Poet and Founder of Mindful Mums Queensland. She is author of the new book Broken to Unbreakable, 12...

For full article, [click here](#)

How your home environment can support your postnatal health

Many new mums are surprised by how much caring for a newborn can take a toll on their bodies. They understand that birth is physically demanding, but are often unprepared for how much feeding, changing, bathing and settling can at best tire and, at worst, injure there already recovering...



Emma Diepenhorst

Emma Diepenhorst helps women from pre pregnancy and beyond to identify effective strategies to build a meaningful life that...

For full article, [click here](#)



The importance of a postpartum plan

I experienced two polar opposite Postpartum periods. I came home from the hospital, wrapped my newborn up in a muslin wrap and placed her in the bassinet. I sat on the lounge deeply exhausted and entertained and spoke with guest after guest, whom all had beautiful intentions but were mainly there for one reason...



Amy Pasfield

Amy is a Holistic Nutritionist, Postpartum Doula and a mama to two darling girls...

For full article, [click here](#)



Perinatal anxiety and depression

New parents have to adapt to several physical and emotional changes. Sometimes, we become so attuned with our babies and this new lifestyle that we forget about ourselves and neglect our mental health, resulting in perinatal anxiety and depression...



Sarah Tooke

Sarah Tooke is a registered nurse, midwife and childbirth educator at The Mater Hospital, one of Sydney's leading maternity hospitals...

For full article, [click here](#)

Learning to love your new postpartum body

As a new mama you probably did a fair bit of preparation for your new arrival – buying car seats and cots and cute onesies. You might have read books on pregnancy or sat a hospital course on birth or breastfeeding. But one thing that we don't tend to prepare for is having a new postpartum body...



Kat Suchet

Physio and owner of Hatch Athletic, a postpartum online training program for athletic mums. I also write regularly about...

For full article, [click here](#)



Postnatal depression... Can Acupuncture and Chinese Medicine help?

A new baby in the home is both exciting and daunting. Even if well planned, there are many changes and adjustments needed to accommodate that new and precious little life. It is normal for new parents to be nervous and lack confidence in their ability to care for their...



Waveny Holland

President of Australian Acupuncture & Chinese Medicine Association Ltd (AACMA)...

For full article, [click here](#)



The essentials of postpartum nutrition for all mothers

Our season of postpartum motherhood is all-encompassing. We experience moments of wonder and worry, happiness and helplessness, awe and angst, and often all within an average day. We are the nurturers, givers and comforters – roles that demand so much of the mother and can leave us feeling exhausted, drained and...



Christina Ross

Accredited Practising Dietitian and founder of Cultivate Nutrition...

For full article, [click here](#)

Postnatal anxiety – Recognizing it and shifting it

It's like a nervous energy running through your entire body. The often relentless, unending worry and concern about everything, anything and nothing. It doesn't slow down, and often feels like it's bigger than you... taking over and leaving you feeling out of control when you're trying so hard to feel some sense of control. You're switched on...



Fiona Rogerson

ACA accredited Perinatal Counsellor and Hypnobirthing (Mongan Method) Educator. She works with women and men to...

For full article, [click here](#)



Worried about being labelled a bad mum for having PND? There's no need!

On the floor sits the mum who is feeling constantly sad and cries for no reason. She's always tired and has no energy, even when her baby is sleeping well. She's lost interest in the things that used to make her happy. She's easily annoyed and doesn't want to see her friends and family...



Heather - Blissed Out Mums

Heather runs Blissed Out Mums and knows what it's like to find motherhood so overwhelming that you want to scream and...

For full article, [click here](#)



Grief after a bad birth

Let's talk about grief after birth trauma. Your baby is here. He's healthy, he's growing. All you ever wanted was for him to be born safely and healthy. But months on, there's still a lingering darkness that you can't shake. There are times when you look at him and you are overwhelmed with a love so strong that you can literally feel it pulsing in your chest...



Fiona Rogerson

ACA accredited Perinatal Counsellor and Hypnobirthing (Mongan Method) Educator. She works with women and men to overcome...

For full article, [click here](#)

Smiling after postnatal depression

I am proud to be talking about my journey through anxiety and postnatal depression. It was an incredibly challenging time having experienced it with both of my children, but, after having gone through it, I am now a better, healthier and happier person and for that, I am grateful. I hope that by sharing my story it will give hope to parents facing the...



Josie Smyth

Josie Smyth, a Melbourne mother of two experienced perinatal anxiety and depression with both of her children...

For full article, [click here](#)



Do dads get postnatal depression?

Yes. Dads do experience postnatal depression. In fact, dads also experience prenatal anxiety and/or depression (anxiety and depression during the period of pregnancy), and postnatal anxiety (after the birth of baby). Most of us know that depression and anxiety can affect women during pregnancy and parenthood, but the experiences of men...



Fiona Rogerson

ACA accredited Perinatal Counsellor and Hypnobirthing (Mongan Method) Educator. She works with women and men to overcome...

For full article, [click here](#)





Helping first time mums, who were actually stepmums first! Tips for getting through those 9 months and beyond

Parenting is full of changes. Step parenting is full of challenges. Becoming a mum is full of challenges. No matter how prepared you think you are for it having been a...



Karalee Katsambanis

Karalee is the Author of "Step Parenting with Purpose; Everything you wanted to know but were too afraid to ask..."

For full article, [click here](#)

Enhancing wellbeing during pregnancy

As expecting, or new parents, there is a vast amount of information that you can access about how to help your beautiful baby grow into a thriving successful adult. Opinions vary wildly about what does (or doesn't) help you navigate this crucial time laying the foundations for their years to come...



Kari Sutton

Kari Sutton helps parents of children who worry a lot, are anxious, overwhelmed and struggle with life's daily challenges...

For full article, [click here](#)



Safety first – which foods should you stay away from during pregnancy?

Whether you're a worrier or more happy-go-lucky, you've probably had at least a few thoughts about how your lifestyle will affect your baby. The good news: if you're eating a balanced diet and exercising regularly, you're probably doing okay! The not-so-good news: there's a...



Melanie McGrice

Melanie McGrice is an Advanced Accredited Practising Dietitian, one of the few dietitians in Australia to achieve that status...

For full article, [click here](#)





Did you know? Babies learn from birth

Did you know that by the age of one, babies have learnt all the sounds that make up their native language? When a baby hears the sounds of people talking, songs being sung, and the rhythms and repetitions of rhymes and stories they're setting the early foundations for language and...



Guardian Childcare Education

Guardian Childcare & Education is a place that families can trust, where Educators thrive, and children grow...

For full article, [click here](#)

How to keep your baby safe when starting solids

Covid-19 has put us on high alert for bugs so here is some information on bugs in food and how to keep your new baby safe when you introduce them to solids. The advice is based on expert opinion which means no one out there is experimenting by giving infants risky foods and we follow...



Sarah Smith

Sarah Smith works in private practice in Bayside Melbourne after working for an extensive period within a Melbourne...

For full article, [click here](#)



Prepping your freezer for 'new mum' life

It's no secret when you become a mum, feeding yourself becomes your last priority. Whether you're learning the ropes of motherhood for the first time, or you're juggling more than one, the last thing you want to thinking about is dinner for the adults!...



Siobhan Boyle

Siobhan is the CEO of Jamie Oliver's The Good Foundation...

For full article, [click here](#)





The five S's of a successful introduction to solids for baby!

Are you excited to introduce solids to your baby? Have you been watching videos or done some reading? Perhaps you have decided to do "baby-led weaning", perhaps you are keen to use purees. There isn't a wrong way or a right way to introduce solids. As long as you tune in to your baby's...



Marie-France Laval

Marie-France is a Dietitian-Nutritionist and Counsellor originally from France. She is the founder and CEO of Fussy Eater Solutions ...

For full article, [click here](#)

Preparing for a newborn

Preparing for a newborn can be so exciting but it can also be one of the most daunting times in your life. You will need to add your child to your Medicare, Health insurance and Ambulance cover. If you are claiming for benefits such as a paid parental leave or family tax benefits A and B etc, then you will need to contact Centrelink...



Bree Hansen

Bree is the owner/operator of Melbourne's only child led music program called B Minor Music. She has 14 years' experience as an...

For full article, [click here](#)



Understanding the needs of your newborn

I'm sure we all agree that one of the trickiest jobs, as a new parent, besides navigating lack of sleep, is to begin to understand your newborn baby's needs. As a new parent with reality biting at your heels, you will no doubt experience some mixed feelings and challenges as you transition into the world of parenthood...



Renee Adair

Renee Adair is the founder and principal educator of the Australian Doula College, The Groundwork Program and our charity-arm...

For full article, [click here](#)



Taking care of YOU?

Having a baby?? or recently had a baby? Whether its your first child or a new addition to the family.....Its been an interesting few months I am sure!! Body changes. Planning and preparing. Looking forward to the birth and being a parent.....How are you going?? Hows your partner and family coping? What are the challenges this week?...



Jay Anderson

Jays is a Registered Psychologist, Counsellor and Play Therapist. She practices in southwest Western Australia at the Southwest Wellbeing

For full article, [click here](#)

6 Ways to combat parental burnout

A child does not come with a manual or a clear roadmap for what you are meant to do! In the early days there isn't a dictionary to decipher what their cries or coos mean. The early years are physically demanding, emotionally draining and fraught with self-doubt and recrimination. Increasingly we have financial pressures that can find us working while...



Valerie Ling

Valerie is a Clinical Psychologist, Speaker, Published Author and Clinical supervisor working primarily in pursuit of burnout

For full article, [click here](#)



Tips to help new mums get more sleep

About to become a mum? How exciting! There are so many amazing new things that come with newborns. It comes with some pretty big challenges too, one of which is the rollercoaster of change to your sleep. Strap yourself in, it's time to get prepared for changes to your sleep, and learn how to maximize your Zzzz's in those first few months...



Narelle King

Narelle King is a mum to two children, wellness coach and Yin & Nidra Yoga instructor for mums. She helps mums to

For full article, [click here](#)





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.

babyU	nicepak.com.au/baby-u	#54	GymbaROO	gymbaroo.com.au	#71
RochiLou	rochilou.com.au	#55	ABSK	activebabiesSMARTKIDS.com.au	#71
Sophie La Girafe	lesfolies.com.au	#56	Grace & Maggie	graceandmaggie	#72
MedeScan	medescan.com.au	#57	Bubba Organics	bubbaorganics.com.au	#72
Hape	ugames.com.au	#58	Flat Rate Photography	flatratephotography	#73
babyU Bamboo	nicepak.com.au/baby-u	#59	Twinkiebubz	twinkiebubz.com.au	#73
Water Wipes	waterwipes.com	#60	Ergobaby	ergobaby.com.au	#74
Solidea	solidea.com.au	#61	Shnuggle	thestorknest.com.au	#74
ergoPouch	ergopouch.com.au	#62	Billy & Flynn	billieandflynn.com.au	#75
Jellystone	jellystonedesigns.com.au	#63	MedeScan	medescan.com.au	#75
Jumply	jumply.com.au	#64	Beaba	beaba.com.au	#76
Hello Fresh	hellofresh.com.au	#65	Bravado	thestorknest.com.au	#76
Daily Orders	dailyorders.com.au	#66	Oxo Tot	thestorknest.com.au	#76
Tomme Tippee	tommeetippee.com.au	#67	Skip Hop	thestorknest.com.au	#76
MyLight	mylight.com.au	#68	Trunki	trunki.com.au	#77
Sudocrem	sudocrem.com.au	#69	Cocoonababy	cocoonababy.com.au	#77
babyU	nicepak.com.au/baby-u	#69	Purebaby	purebaby.com.au	#77
Snap Shades	snapshades.com.au	#70	RochiLou	rochilou.com.au	#77
Milton Baby	miltonbaby.com.au	#70			

Pigeon Milk Saver Pump has been designed to collect breast milk that may be released from one breast when the other is used to feed, ensuring no waste. Use also as a manual pump to assist milk let down and/or express milk. Unique flange shape for breast comfort, with a suction base to minimise risk of spill.



 pigeonbaby.com.au

 [instagram.com/pigeonbabyau](https://www.instagram.com/pigeonbabyau)

 [facebook.com/pigeonbabyau](https://www.facebook.com/pigeonbabyau)

Tommee Tippee

Tommee Tippee is here to make life with your baby just a little bit easier everyday... and night.

From cosy sleepwear and room thermometers to friendly night lights, Tommee Tippee is here to ensure your baby enjoys safer, longer sleep and sweet dreams.

Because when they have a good nights sleep, everyone else does too..



tommeetippee.com/en-au



[instagram.com/tommeetippeeaustralia](https://www.instagram.com/tommeetippeeaustralia)



[facebook.com/TommeTippeeAU](https://www.facebook.com/TommeTippeeAU)

Sophie La Girafe

Sophie la girafe has been a must-have toy for the past 60 years. She was born on May 25th 1961 on Saint Sophie's Day! This year, she is turning 60! Sophie la girafe is still handmade in France from a 100% natural rubber derived from the latex of the Hevea tree and high-quality food grade paint.

Sophie la girafe is a UNIQUE teething toy that can be chewed on throughout (from head to toe). She is SOFT and chewy all over and babies love to explore gnashing on Sophie la girafe's horns and ears and long legs. Babies love to put Sophie's legs in their mouth so they can chew the entire length of their gum bed. Therefore, Sophie la girafe helps with early and late stage teething.



lesfolies.com.au



[instagram.com/sophiethегiraffeaustralia](https://www.instagram.com/sophiethегiraffeaustralia)



[sophielagirafe.officialAUSTRALIA](https://www.facebook.com/sophielagirafe.officialAUSTRALIA)

Pigeon

afterpay

Pigeon ComfyFeel™ Breast Pads are an ultra-SOFT breast pad with silky touch and soft edge for maximum all-day comfort. Their slim design fits comfortably and discreetly and each is lined with aloe vera extract to improve skin moisture. Super absorbent, with a breathable outer lining to keep skin cool and dry. Dermatologically tested and individually wrapped for hygiene.



pigeonbaby.com.au



[instagram.com/pigeonbabyau](https://www.instagram.com/pigeonbabyau)



[facebook.com/pigeonbabyau](https://www.facebook.com/pigeonbabyau)

Purebaby



Purebaby is an Australian owned company creating unique, organic clothing for babies and children. Established in 2002, Purebaby was born out of a desire for beautiful and simple products made with awareness and care. The certified organic cotton used in the Purebaby ranges is soft, strong and resilient, allowing delicate young skin to breathe naturally. It is grown without harmful chemicals, using methods and materials that have a low environmental impact.



 purebaby.com.au

 [instagram.com/purebabyorganic](https://www.instagram.com/purebabyorganic)

 [facebook.com/purebabyorganic](https://www.facebook.com/purebabyorganic)

babyU

babyU is an Australian owned brand for mothers and babies that launched in 2005. Its ethos is that mothers do not need to pay a premium to get quality and value for money. The range features toilet training solutions and skincare enriched with nourishing goat's milk, specially formulated for babies and toddlers. The brand also offers essentials like nappy bags, change mats and quality baby wipes at affordable prices.



 nicepak.com.au/baby-u

 [instagram.com/babyuproducts](https://www.instagram.com/babyuproducts)

 [facebook.com/BabyUProducts](https://www.facebook.com/BabyUProducts)

RochiLou

RochiLou was born from our desire to bring clever, cool and convenient products to parents across Australia and New Zealand. Being parents to 4 kids, we understand the challenges and joy children bring to our lives. RochiLou offers a complete range of baby feeding and sterilisation solutions that enhance daily lives with children.

Our range includes unique and exclusive products for home and on the go use.



rochilou.com.au



[instagram.com/rochilouaus](https://www.instagram.com/rochilouaus)



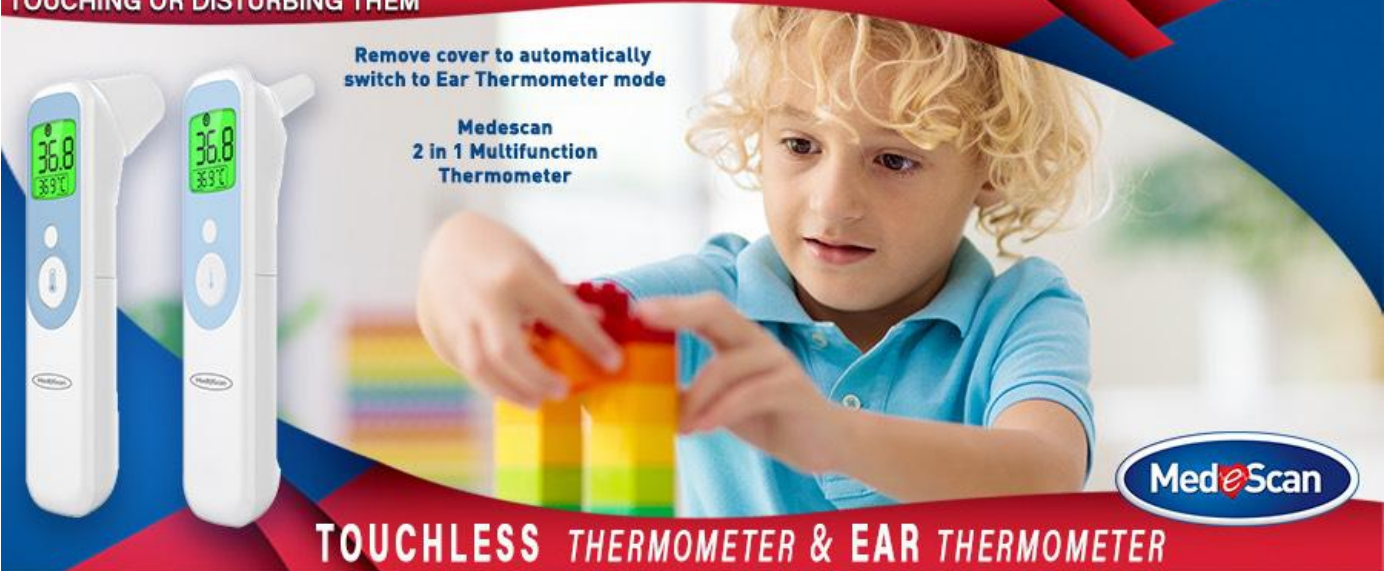
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Medescan

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.


CHECK YOUR CHILDS TEMPERATURE WITHOUT TOUCHING OR DISTURBING THEM



Remove cover to automatically switch to Ear Thermometer mode

**Medescan
2 in 1 Multifunction
Thermometer**

TOUCHLESS THERMOMETER & EAR THERMOMETER



MedeScan

TOUCHLESS THERMOMETER

EAR & THERMOMETER

THE NEW 2 IN 1 TOUCHLESS & EAR THERMOMETER CHILD MODE FOR BETTER ACCURACY



medescan.com.au



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Hape

Award-winning toy producer Hape is a global leader in quality design and ecological sustainability.

With a mission to inspire play, learning and exploration of the world we live in, behind every Hape toy is a commitment to innovation and caring for the world our children, the next generation, will inherit.



ugames.com.au



[instagram.com/ugamesaustralia](https://www.instagram.com/ugamesaustralia)



[facebook.com/UGamesAustralia](https://www.facebook.com/UGamesAustralia)

babyU Bamboo Meal Ware

babyU Bamboo Meal Ware is Australian designed and owned

Made from Bamboo and polymer blends, this quality meal ware is not only practical and good for your family but also the environment. Bamboo is anti-bacterial and anti-fungal and no fertiliser or pesticides are required for it to grow and not much water is needed.



nicepak.com.au/baby-u



[instagram.com/babyuproducts](https://www.instagram.com/babyuproducts)



[facebook.com/BabyUProducts](https://www.facebook.com/BabyUProducts)

WaterWipes

WaterWipes are the world's purest baby wipes – made with just two ingredients - 99.9% water and a drop of fruit extract. They are safe for sensitive skin, a convenient alternative to cotton wool and water and the preferred choice for hospital neonatal units and are recommended by midwives globally.

WaterWipes
THE WORLD'S PUREST BABY WIPES

99.9% water and a drop of fruit extract

The world's purest baby wipes



WaterWipes
THE WORLD'S PUREST BABY WIPES



waterwipes.com/au/en



instagram.com/waterwipesausnz



facebook.com/WaterWipes

Solidea

The Solidea Pregnancy and Recovery collection provides medical grade compression to support you through one of the most exciting, yet physically challenging, times of your life.

As a Physiotherapist, I have seen these products help many women manage discomfort and stay active during pregnancy and improve healing, recovery and return to activity after delivery. As a new mother, I have felt firsthand the support and comfort these shorts offer.



solidea.com.au



[instagram.com/
solideapregnancyandrecovery](https://www.instagram.com/solideapregnancyandrecovery)



[facebook.com/SolideaAus](https://www.facebook.com/SolideaAus)

ergoPouch



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



ergopouch.com.au

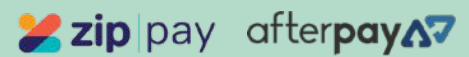


[instagram.com/ergopouch](https://www.instagram.com/ergopouch)



[facebook.com/ergopouch](https://www.facebook.com/ergopouch)

Jellystone Designs



As Australia's original and favourite silicone chew designer, we create safe and fun silicone teething toys, oral inputs and sensory toys for children who are learning to explore and make sense of the world around them.



jellystonedesigns.com.au



[instagram.com/jellystone.designs](https://www.instagram.com/jellystone.designs)



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Jumpley

afterpay

Gear For Your Next Family Adventure!

Jumpley is a community of fun Mums and Dads who build strong connections with their kids through play, adventure and travel.

Their range makes getting out and about easier, so you can spend more time enjoying your adventure, knowing that you have the right gear. Designed in Melbourne.



**Gear for your next family
adventure**



jumpley.com.au

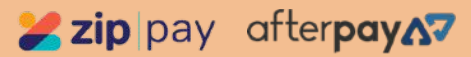


[instagram.com/jumpley.au](https://www.instagram.com/jumpley.au)



[facebook.com/jumpley.au](https://www.facebook.com/jumpley.au)

HelloFresh



HelloFresh delivers fresh, seasonal ingredients and easy-to-follow recipes to your door each week so you can cook quick, delicious and wholesome meals the whole household will love. We take care of all the meal planning and grocery shopping so you can relax knowing dinner at your place is sorted! **Get \$90 off your first four HelloFresh boxes! That's \$40 off your first box, \$30 off your second and \$10 off your third and fourth! Coupon Code: KIDHF3311**

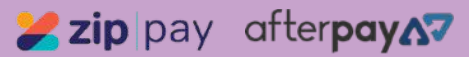


 [hellofresh.com.au](https://www.hellofresh.com.au)

 [instagram.com/hellofreshau](https://www.instagram.com/hellofreshau)

 [facebook.com/HelloFresh](https://www.facebook.com/HelloFresh)

Daily Orders



As a new parent, you have enough on your plate without trying to juggle the mental load. Use our Australian-made wall planners to write down all those things you need to achieve, so you can get them out of your head, and focus on spending time snuggling your little one.



 dailyorders.com.au

 [instagram.com/dailyorders](https://www.instagram.com/dailyorders)

 [facebook.com/dailyordersaustralia](https://www.facebook.com/dailyordersaustralia)

Tomme Tippee

Tomme Tippee is loved by parents and babies in over 70 countries. Tomme Tippee offers a range of award-winning baby feeding, soothing, sleep and hygiene products.

Passionate about helping parents embrace the rollercoaster ride of bringing up baby, they actively encourage all parents to trust their instincts and #ParentOn



tommeetippee.com.au



[instagram.com/tommeetippeeaustralia](https://www.instagram.com/tommeetippeeaustralia)



[facebook.com/TommeTippee](https://www.facebook.com/TommeTippee)

Mylight

Mylight's make bedtime fun! They give off just the right amount of ambient light during nighttime feeds and nappy changes to assist mum or dad. A beautiful piece of nursery décor, the Mylight helps children recognise their name and can even eliminate dark-ness discomfort. Mylight's come in a choice of 15 box colours, and as they are all custom designed to your liking, you get to choose your preferred font style and emoji shape. You can even select from a white light or rainbow LED light with remote control.



 mylight.com.au

 [instagram.com/mylightaustralia](https://www.instagram.com/mylightaustralia)

 [facebook.com/mylights](https://www.facebook.com/mylights)

Sudocrem

Sudocrem is the #1 selling nappy rash cream and multiple gold award winner (Mother & Baby Awards) in Australia. It has been providing a barrier protection against irritants coming into contact with your baby's skin for over 20 years in Australia. Nappy rash is a common occurrence amongst all babies, due to the area being under constant exposure to a few known irritants. A thin application when needed as well as with each nappy change will assist in managing Nappy Rash.



sudocrem.com.au



[instagram.com/sudocrem_au](https://www.instagram.com/sudocrem_au)



[facebook.com/SudocremAustralia](https://www.facebook.com/SudocremAustralia)

babyU

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nicepak.com.au/baby-u



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Snap Shades



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](https://www.instagram.com/snap.shades)



[facebook.com/slipslopsnap](https://www.facebook.com/slipslopsnap)

Milton

Milton has helped generations of mums care for their babies since 1916. With a proud heritage and commitment to the very highest manufacturing standards, the Milton method of sterilisation has been trusted in homes and hospitals for over 90 years as the safe and effective way to protect babies from disease-producing germs in their most vulnerable early years.



miltonbaby.com.au



[instagram.com/milton_au](https://www.instagram.com/milton_au)



[facebook.com/MiltonAus](https://www.facebook.com/MiltonAus)

GymbaROO KindyROO

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!

Active Babies Smart Kids

Join the thousands of parents already raising smarter, happier, healthier babies with this free series. Enjoy 12 online baby classes and hundreds of fun, developmental activities as you bond and share in the joy of learning together – in your own home, at a time that suits you both.

FREE PROGRAM



gymbaroo.com.au



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activebabiesmartkids.com.au



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[facebook.com/GymbaROO.KindyROO/](https://www.facebook.com/GymbaROO.KindyROO/)

Grace & Maggie

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](https://www.instagram.com/graceandmaggieplaymats)



[facebook.com/graceandmaggie](https://www.facebook.com/graceandmaggie)

Bubba Organics

afterpay

Kind and gentle to both baby and 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, irritants or water.



bubbaorganics.com.au



[instagram.com/bubbaorganics](https://www.instagram.com/bubbaorganics)



[facebook.com/bubbaorganics](https://www.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](https://www.instagram.com/flatratephotography)



[facebook.com/flatratephotographysydney](https://www.facebook.com/flatratephotographysydney)

Twinkie Bubz



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, we also stock homemade Grosgrain Pacifier Clips.



twinkiebubz.com.au



[instagram.com/twinkiebubz](https://www.instagram.com/twinkiebubz)



[facebook.com/twinkiebubz](https://www.facebook.com/twinkiebubz)

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 development and promote bonding. Inspired by the daily experiences of families everywhere, Ergobaby's innovative and ergonomic baby carriers fit seamlessly into every family story.



ergobaby.com.au



[instagram.com/ergobabydownunder](https://www.instagram.com/ergobabydownunder)



[facebook.com/ErgobabyAusNZ](https://www.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](https://www.instagram.com/thestorknest)



[facebook.com/thestorknest](https://www.facebook.com/thestorknest)

Billie & Flynn

Let's Talk Nurseries!

Styling a space for a baby boy or girl can be exciting and also quite daunting. Billie and Flynn have the perfect range of beautiful swaddles, bassinet/change table sheets and cot sheets made from organic Bamboo and Cotton material fit for delicate skins. Click on the link below to view our amazing Anchor and Arrow range.

- ~ Machine washable
- ~ Beautifully hand designed prints
- ~ Soft and delicate material
- ~ 80% organic Bamboo and 20% Cotton



billieandflynn.com.au



[instagram.com/billie_and_flynn](https://www.instagram.com/billie_and_flynn)



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Medescan

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.



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[instagram.com/medescan_official](https://www.instagram.com/medescan_official)



[facebook.com/Medescan](https://www.facebook.com/Medescan)

Cocoonababy

The Cocoonababy Nest is an ergonomic cocoon designed for use in the cot for baby's first months. Helping reassure and adapt smoothly to life after birth!



cocoonababy.com.au



[instagram.com/cocoonababy_au](https://www.instagram.com/cocoonababy_au)



[facebook.com/CocoonababyAustralia](https://www.facebook.com/CocoonababyAustralia)

Beaba

BEABA, innovative, easy-to-use, quality products for baby. Well known for the Babycook® and today offering over 200 products across the feeding and nursing category.



beaba.com.au



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[facebook.com/BeabaAustralia](https://www.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 Mums have trusted us as experts in design for over 25 years.



thestorknest.com.au



[instagram.com/bravadodesignsau](https://www.instagram.com/bravadodesignsau)



[facebook.com/thestorknest](https://www.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 training.



thestorknest.com.au



[instagram.com/thestorknest](https://www.instagram.com/thestorknest)



[facebook.com/thestorknest](https://www.facebook.com/thestorknest)

Skip Hop

Must haves, Made better. Known for their superior quality and iconic characters. Skip Hop products make parenting easier and fun with a range of products across play, bath time, out & about and more.



thestorknest.com.au



[instagram.com/skiphop.aunz](https://www.instagram.com/skiphop.aunz)



[facebook.com/thestorknest](https://www.facebook.com/thestorknest)

Trunki

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



trunki.com.au



[instagram.com/trunkiaustralia](https://www.instagram.com/trunkiaustralia)



[facebook.com/TrunkiAustralia](https://www.facebook.com/TrunkiAustralia)

Shnuggle

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



thestorknest.com.au



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Purebaby is an Australian owned company creating unique, organic clothing for babies and children. Established in 2002, Purebaby was born out of a desire for beautiful and simple products made with awareness and care.



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Rochilou

Rochilou was born from our desire to bring clever, cool and convenient products to parents across Australia and New Zealand.



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[facebook.com/rochilouaus](https://www.facebook.com/rochilouaus)



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



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 of 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](#)





kiddipedia®

Where parents go for their answers.



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