

## Feeding

Breastmilk is the best food for babies and an ideal way to make sure that they always get a healthy and age-appropriate diet.

**If you are breastfeeding**, you must not drink alcohol, take drugs or smoke, as this would be very harmful to your baby.

If you are taking medication, please talk to your doctor.

If you are **not breastfeeding** your baby, you will need:

- 6-8 baby bottles for milk (0-6 months) and suitable nipples
- Age-appropriate powdered milk (Pre)
- Baby bottle brush

## On the way

- Pram or sling
- Baby blanket or footmuff for the pram
- Possibly a nappy bag
- Possibly a baby car seat

You can buy clothing and other essentials at reasonable prices in second hand shops, at flea markets or online.

Only the mattress should be new.

You can wash baby clothes together with the family laundry using normal washing powder and no fabric softener.



**WHAT  
ESSENTIALS DO  
I NEED FOR MY  
NEWBORN?**



## Clothing

- 4-6 bodysuits size 50/56, with short or long sleeves
- 4-6 tops (long-sleeved shirts, light jumpers) and trousers or romper suits size 50/56
- 6 pairs of socks, in winter 1-2 pairs of tights
- Coat, hat, mittens, snowsuit (depending on the season)
- 2 baby sleeping bags size 50/56

### **Imprint:**

*Frühe Hilfen* Coordination Office  
in the District of Heinsberg  
Phone: 02452/ 13-5147  
[www.fhkhs.de](http://www.fhkhs.de)

## Baby care

- 6-8 muslin nappies as burp cloths
- Newborn nappies (2-5 kg)
- Neutral washing lotion without fragrances
- Baby oil
- Flannels for at home
- Wet wipes for on the go
- 2 baby bath towels with hood
- 1 bath thermometer
- 1 fever thermometer with flexible tip
- 1 Baby brush
- 1 Baby nail scissors
- Possibly special wind and weather balm for the face in winter or sun cream for babies (max. SPF 30)
- Baby protection cream against soreness in the nappy area

## Equipment

- Bassinet, cradle or cot with a new mattress
- Changing table or padded washable changing mat
- Nappy pail with lid
- Baby bath
- Possibly, radiant heater for the nappy-changing table

## Sleep safety recommendations:

- Room temperature = between 16 and 18 degrees
- No nest
- No canopy
- No pillow
- Sleeping bag instead of blanket
- Your baby should only sleep on its back and
- in its own bed in the parents' bedroom