



getting ready

advice and information
on preparing for your
new baby



there's **mothercare** in everything we do

be prepared

The birth of your child is such an exciting time, and you'll want to be all ready and prepared.

This advisory card is full of useful information to help you get ready for labour and for your new arrival.

main baby products worth finding out about...

- infant car seat
- stroller/pram from birth
- moses basket or bassinet
- cot
- mattresses
- bedding
- baby sleeping bag
- nursery furniture
- baby listening monitor
- changing mat/unit
- reusable or disposable nappies
- baby bath
- baby toiletries
- first baby clothes
- feeding equipment
- baby's first toys

look out for more advisory cards in store; on safety, feeding and bathing.

preparing for your baby

things to do during pregnancy

- health experts recommend that women who are trying to become pregnant or are in the first 12 weeks of pregnancy should take a daily supplement of 0.4mg of folic acid.
- follow a healthy diet.
- cut down on caffeine, quit smoking and try to avoid alcohol altogether.
- know the date of your last period and take this information along to your first appointment to see your GP/midwife who will arrange your antenatal care for the next 9 months.
- check out your local maternity hospital.
- attend prenatal classes.
- get fitted for a maternity support bra from around the 8th week of your pregnancy. All Mothercare stores offer a free bra fitting service.
- consider enrolling in exercise classes for pregnant women eg yoga or aqua natal.
- pick up one or two reference books on pregnancy/birth and baby names.
- think about where and how you want to give birth – discuss with your midwife.
- have your hospital bag and birth plan ready from around week 34.
- investigate baby massage, yoga or swimming classes for after the birth – ask your midwife or health visitor for details.
- if you have any pets, consider asking relatives or neighbours to look after them for the first week or so after your baby's birth.

what you'll need for hospital for you...

- nightshirt x 2
- nursing bras
- breast pads
- disposable briefs
- comfy full briefs
- maternity pads x 2pks of 12
- toiletries, tissues and toothbrush etc...
- hairbrush
- dark towel/ face cloth
- lip balm
- slippers and comfy dressing gown
- **labour extras**
- reading material
- camera
- mobile
- telephone numbers and phone card/coins
- snacks/water for you and your partner
- MP3 player
- tens machine if planning to use
- change for car park/vending machines

for baby...

- sleepsuit x 2
- wrapover vest x 2
- scratch mitts x 2
- cotton wool
- nappies x 8 for first 24 hours

for going home...

- infant car seat
- suitable comfortable clothing for you and baby
- cotton hat for baby
- baby blanket

where to find out more

visit www.mothercare.com.au or call 1300 217 700

fitting for a maternity bra



hospital bag



baby gifts



a safe place for baby to sleep

