

# Taking baby out for the first time

Taking baby out for the first time is a big one. This checklist should help make it easy for all your baby friendly days out. Whether it's a walk in the park, or somewhere else entirely.

- ✧ Packing a baby bag for changes and feeds is essential.
- ✧ Bring your buggy if the destination is step-free.
- ✧ Bring a sling or carrier if you prefer skin-to-skin or in case of hills or stairs.
- ✧ Pack some muslins for after feeding.
- ✧ Pack a change of outfit for baby in case of accidents.
- ✧ Pack a change of top for you just in case. Nobody wants to walk around with baby sick on their shoulder.
- ✧ Pack a modesty cover, if you want, while getting the hang of breastfeeding out and about.
- ✧ Pack some hand sanitiser or wet wipes for yourself.
- ✧ Wear comfortable clothes with easy access if you're breastfeeding.
- ✧ Pack a water bottle for yourself. Mamma's gotta stay hydrated.
- ✧ Pack quite a few nappies and wipes or cotton wool, for nappy changes.
- ✧ Dress baby in weather-appropriate clothes. Layers are a good idea, in case the weather takes a turn.
- ✧ Remember the rain cover for the buggy or an umbrella if you're carrying baby.
- ✧ Try to keep baby out of the sun. New skin can't take all that UV. Sunblock and sunhats are all good, but shade is most important. A buggy parasol might be a good idea.



- ✧ If you formula feed, try to pre-portion any formula for feeds. Or take some ready-to-feed formula.
- ✧ Pack sterile bottles and teats if you're bottle feeding. A flask of boiling water to make powdered feeds is a good idea too.
- ✧ Pack a couple of dummies if your baby already uses them.
- ✧ Remember their blanket or swaddle.
- ✧ Pack a bright pram toy for stimulation.
- ✧ Try hanging rattles or toys from the sling or baby carrier on soother chains.
- ✧ Leave extra time for getting all your baby gear ready before leaving the house.
- ✧ Try to set off shortly after a feed so baby is happy to rest or look around.

