

BABY ARRIVAL CHECKLIST

Your ultimate guide on what to have ready to go

Aka, everything you'll need for your new bub during the first-few-days hospital stay (and when you finally get to bring them home!).

For the hospital bag:

- 4 rompers
- 4 babbysuits
- 2 pairs of socks
- 1 set of booties
- 1 beanie
- 4 muslin wraps
- 1 knitted blanket
- 1 cute trip-home outfit
- A whole lot of nappies

For the arrival home:

- 4-6 rompers
- 4 babbysuits
- 2 pairs of leggings
- 4 bibs
- 2 cardigans (or jumpers)
- 6 pairs of socks
- 1 knitted blanket
- 1 snuggle toy
- 2 we've-got-visitors outfits
- Even more nappies

Shop our organic cotton newborn range to help tick off your lists (and make those first few days and weeks easier).

cottononkids.com

COTTON-ON
BABY

Psst, I'm
double-sided.
Flip me over!

BABY FIRST-AID CHECKLIST

Your ultimate guide on what to add to your kit

Aka, everything you need to monitor your little love's temperature, treat minor scratches, and manage unexpected accidents in the home or on-the-go.

Practical things:

- Digital thermometer
- Saline solution
- Cold/heat pack
- Assorted band-aids/plasters
- Bandages (incl. heavyweight)
- Low-adherent dressing & tape
- Antiseptic wound spray
- Latex-free gloves
- Wound closure strips
- Splinter removal tool
- Tweezers & scissors
- Hand sanitiser
- Gauze

*Medications:

- Pain relief (paracetamol/ibuprofen)
- Antihistamines
- Oral rehydration solution

*Chat to your pharmacist for age-appropriate options. Always read the label and follow the directions for use.

Quick tips:

- Keep a well-stocked kit in your home and car
- Keep first aid kits & medicines out of reach from children
- Check expiry dates on your kit/s regularly
- Sign up for a Baby/Child first aid & CPR course

Not keen to build a DIY kit? You can buy a ready-made one from Rhythm First Aid themselves.
rhythmfirstaid.com.au



RHYTHM x
FIRST AID

COTTONON
BABY

Psst, I'm
double-sided.
Flip me over!