

Your important health information

Buying clothes for your baby

You may not know your baby's gender or size or what gifts baby may receive. Purchase minimum clothing requirements before birth and afterwards add to this as necessary.

Here are some tips to help you

- Babies grow quickly! Sizes: 00000 and 0000 are generally for smaller newborns but purchase only few of this size range.
- Size 000 is meant for a baby 0-3months of age. Buy more 000 and expect that you may have to roll up sleeves to begin with.
- Choose stretch fabric with easy head openings and easy access for nappy changes
- Avoid buttons, which are dangerous if they come off. Snap fasteners are safer
- Avoid drawstrings and ribbons round the neck because of the risk of strangulation
- In preparation wash all baby's clothes and bedding before use to remove starch
- Do not store clothing and bedding with mothballs or insect repellent. The toxic effects of these are dangerous to babies.
- Where possible, purchase clothes and materials in natural fibres such as cotton. This will help baby stay cool in warmer temperatures.

A guide to baby's weekly clothing requirements in the first 3 – 6 months

Singlets	10
Grow suits/jumpsuits or nightgowns	10
Cardigans/jumpers	4 or 5 to suit season
Socks/booties	10 (avoid tight elastic)
Hats	Summer – with a brim and a neck flap Winter – wool with ear covering
Large bibs	4 or 5
Blankets	4 or 5
Pram blankets	2
Baby wraps/swaddles	4 or 5
Infant Sleeping bag	1 (as alternative to wraps)
Cot/cradle sheets	4 or 5

Soft cloth towels & face cloths	4 or 5
Reusable fabric nappies	24+ reusable - many fabric choices available. Should include nappy liners, otherwise may need to purchase separately. .
Disposable nappies	Lots! 8 -10 per day If possible, purchase in bulk

Washing reusable nappies and nappy liners

- Drop and flush any solids into the toilet
- Rinse nappy and liner and leave in a plastic bucket or tub to soak if soiled
- When ready to machine wash, load nappies & liners into machine for a normal wash.
- Use an appropriate 'sensitive' or 'gentle' laundry detergent
- Avoid fabric softeners or strong detergents – these may cause skin irritation
- Whenever possible dry nappies in sunlight to help keep them fresh and bright.

For more information: <https://raisingchildren.net.au/newborns/health-daily-care/dressing-newborns/dressing-a-newborn>

Further Information

If you have any questions regarding this information, please contact:

Parent Education

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Acknowledgements

Produced by: Parent Education MHW
 Date produced: July 2014
 Date of last review: November 2023
 Date for review: November 2026