

Your important health information

Buying clothes for your baby

As you may not know your baby's sex or size or what gifts you may receive, purchase minimum requirements before the birth and add to this afterwards as necessary.

Here are some tips to help you make safe and economical choices.

- Sizes: 0000 and 000 are for newborns, however babies grow out of these sizes quickly so purchase only few items. Buy more 00 and expect that you may have to roll up sleeves
- To allow for growth, consider garments made of stretch fabrics, adjustable straps, elasticised or undefined waistlines
- Look for roomy head openings and easy access for nappy changes
- Avoid numerous buttons that can be fiddly and potentially dangerous if they come off; Snap fasteners or Velcro are more convenient
- Avoid drawstrings and ribbons round the neck because of the risk of strangulation
- Wash all clothing before use to remove starch and shop manufacturing soil
- Do not store clothing and bedding with mothballs or insect repellent due to the danger of toxic effects

A guide to baby's basic clothing requirements for the first 3 – 6 months

Singlets	6
Nightgowns	4 - 6
Grow suits/jumpsuits	4 - 6
Cardigans/jumpers	3 to suit season
Socks/booties	3 avoid tight elastic ankle fit
Hats	Summer - with brim and neck flap Winter - woollen, covering ears
Large bibs	4
Blankets	2 - 3
Pram blanket	1

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Bunny rug/baby wrap	4
Cot/cradle sheet	2 - 3
Soft cloth towel	3 - 4
Reusable fabric nappies	24+ reusable - many fabric choices available.
Disposable nappies	Lots! If possible, purchase in bulk
Nappy covers to wear over towelling or flannelette nappies	6 minimum. Variety of styles available. Plastic pants are not recommended; they trap moisture, prevent air circulation and increase the risk of nappy rash. Breathable fabrics are preferable.
Nappy liners	Optional. Cloth or disposable liners are available. Wash in the same way as nappies.
Nappy fasteners for terry towelling or flannelette cloth nappy	Snappi nappy, Boingo, Big Softies

Washing reusable nappies

Scrape bowel motions into toilet and rinse nappy before washing.

- Use commercial nappy soak preparation and follow manufacturer's instructions
- **Do not** use a fabric softener or further detergent, it is unnecessary and may cause skin irritation

or

Machine wash in hot water using mild soap with little or no perfume such as Velvet/Lux Flakes to reduce risk of skin irritation

- Ensure thorough rinsing
 - A few drops of eucalyptus or tea-tree oil can be added to rinse as disinfectant
- or
- For wet nappies only you can wash in normal detergent and add 1 cup of white vinegar
- You may include a second rinse cycle

Dry nappies in sunlight to help keep them fresh and white, whenever possible.

Further Information

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

Parent Education

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