

BabyCues



shopping list



Hello!

It's lovely to have you here

I'm Philippa Murphy

I'm an Infant Gut Health Practitioner, colic and reflux specialist, postnatal practitioner, educator, speaker, author, Mum, step-mum, detail attentive newborn and infant activist, meditator, quantum physics lover, dabbling artist and creator. Oh, I'm also a self-described advocate for common sense, I love all things nature, the colour green, and my morning coffee.

With a background in Child Development and Psychology, and being a Certified Lactation Consultant, and a Nutritional Health Coach, I'm a keen advocate

for preventative intervention through education. One of my main commitments for holistic child, and parent health, is to provide education that is focused on eliminating the unnecessary symptoms of colic and reflux from our world. Yes that can be done, and by natural means. It's what I love to do.

I also cherish any opportunity to empower parents with knowledge that will enhance confidence, so their intuitive care, and love, can develop in the best way possible. The tips in this guide are a little slice of the empowerment that I wish for you.

Shopping list

Oh the joys of shopping for baby. So much fun and sometimes a mindfield to know what is needed. So here's a list of 'must haves' to help you shop smart.

Clothing essentials

- 5 x full length stretch-n-grows - one's that button down the front are easiest to get on and off
- 3 x woollen bodysuits/singlets - season dependent
- 3 x cotton bodysuits/singlets - season dependent
- 4 x socks
- 2 x cardigans
- 1 x woollen or cotton hat - season dependent
- 4 x large muslins
- 6 x bibs - well sized with domes

Feeding essentials

- nursing pads
- lanolin cream
- 3 x feeding bras
- pump - you can wait to see if you will need
- milk storage bags - if expressing
- 6-7 bottles - if exclusively bottle feeding
- bottle brush
- steriliser - you can also use a pot of boiling water

Sleep essentials

- bassinette or moses basket and/or cot
- sleep wedge - these kind with the insides being straight up and down are the safest for baby
- 2 x fitted sheets for the bed
- 2 x top sheets for the bed
- 2 x love to dream bags
- 1 x woollen blanket
- 1 x cotton blanket
- 1 x mattress protector - not plastic

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- 1 x baby monitor
- 1 x BabyCues - Nurture with Nature Book

Out and about

- appropriate car seat - spending more provides bubs more safety
- back seat mirror
- nappy bag
- pushchair - purchase those where baby can lay flat and adjust to sitting
- baby carrier - I personally love the Baby Bjon brand

Changing essentials

- nappies - you'll need around 8-10 a day and for cloth nappies buy 12-16
- wipes or small square muslins - recommend using dry wipes and warm water
- cream - natural and vaseline
- nappy bucket
- changing mat

Bath time

- baby bath
- 4 x wash cloths
- aqueous cream - great as soap at around 1 months old and for cradel cap

Health

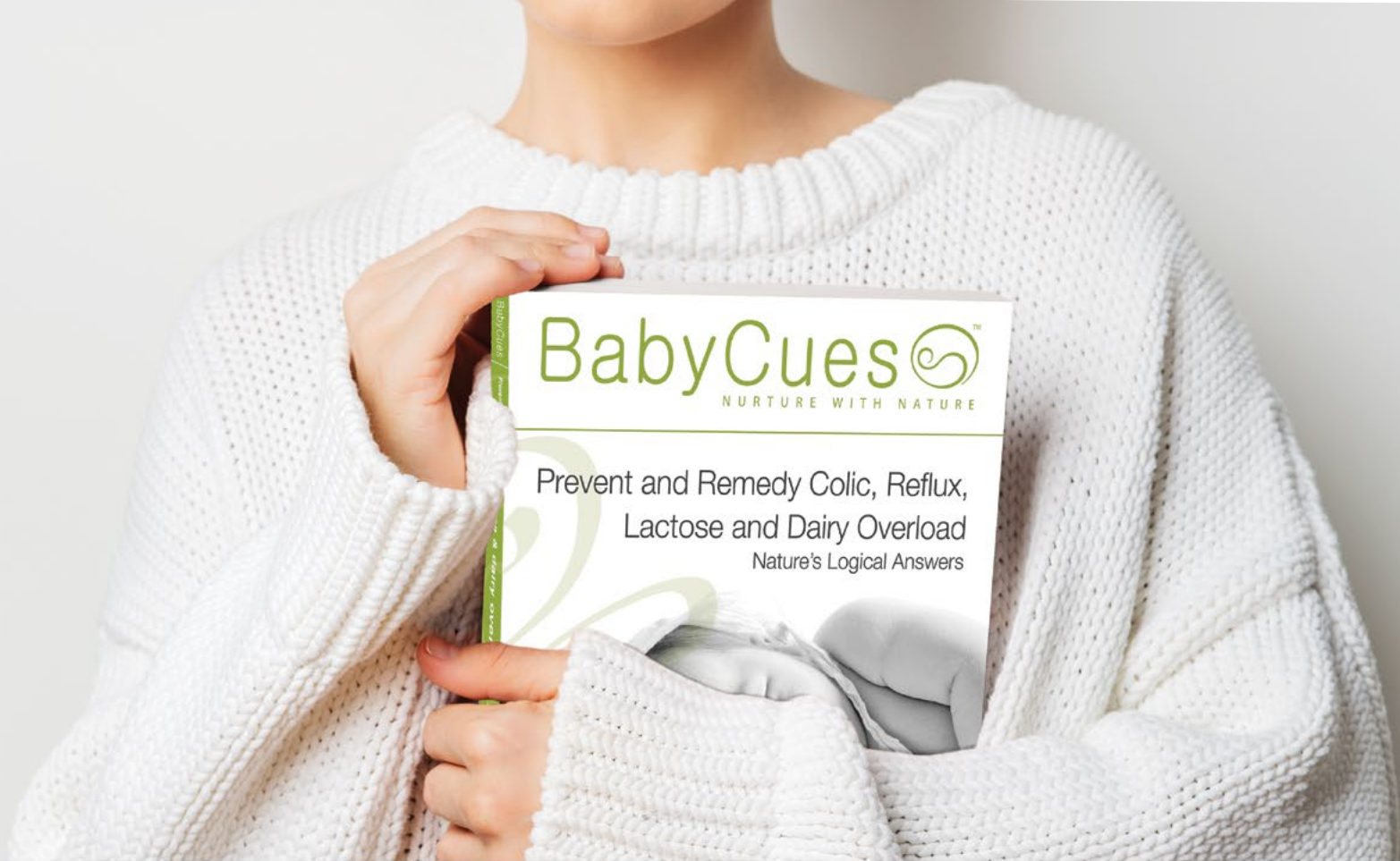
- baby thermometer
- 3 x pacifiers - see BabyCues book or blog on which to buy and how to use these appropriately for your baby's digestive health
- hypericum (St Johns Wart) to make into a spray for healing after birth

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Philippa x
