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## What to consider buying for your baby

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If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.

## Equipment

Despite all the pressure to buy expensive equipment and toys, what matters to your baby is you responding to him or her. We recommend you avoid the use of baby monitors and equipment that separates you and your baby and keep your baby close. Looking at your face is the best way for your baby to learn. Talking, listening and smiling triggers oxytocin and helps your baby's brain to grow.



If you are buying a pram, consider one where your baby can face you. Babies and toddlers like to see you. This makes them feel secure, it also allows you to chat and respond to your baby



Soft slings are good for comforting your baby and can make life easier too. Make sure you get information on how to use them safely.



There are many different types of car seats available, so take your time when choosing. It must:

- Conform to the United Nations standard.
- Be suitable for your child's weight and size
- Be correctly fitted according to the manufacturer's instructions
- Be rear facing

[www.gov.uk/child-car-seats-the-rules](http://www.gov.uk/child-car-seats-the-rules)

Never buy a second hand car seat and only accept a car seat from a family member or friend, if you are certain that you know its history, it comes with the original instructions and it is not too old.

## Safe sleep

A Moses basket or cot is a safe place for your baby to sleep. You should use a firm and flat mattress that is protected by a waterproof cover and fits the moses basket or cot properly. If you are going to use a second hand mattress make sure it is in good condition, fire retardant and was previously completely protected by a waterproof cover, then use one for your baby as well.

We recommend you don't use a cot bumper; cot bumpers can pose the risk of an accident to your baby.

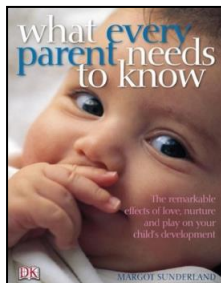
[www.lullabytrust.org.uk/mattresses-and-bedding](http://www.lullabytrust.org.uk/mattresses-and-bedding)



Cots that attach to your bed are also now available, this allows you to be close and comfort your baby easily during the night.

## Books

There are lots of older books on the market around getting your baby into a routine and leaving them to settle alone so that they can learn to be independant. We now know that babies left alone feel they have been abandoned and so become more clingy and insecure when you return. Responding to your babys needs for food and comfort and holding your baby when he/she is crying helps them feel loved and secure. Research shows that babies responded to in this way grow into more confident toddlers who are better able to deal with being away from their parents temporarily. This can make life less stressful for you too.



What every parent needs to know: the incredible effects of love, nurture and play on your child's development.  
Recommended by the NCT

## Apps

This app sends you bite sized information including short clips throughout your pregnancy. It has been endorsed by the Department of Health, the Royal College of Midwives and the Royal College of Obstetricians and Gynaecologists



To get further information around your baby's development throughout your pregnancy download this free baby buddy app.

## Other useful links:

Twins and Multiple Birth Association  
[www.tamba.org.uk](http://www.tamba.org.uk)

NHS Choices  
[www.nhs.uk/pregnancy](http://www.nhs.uk/pregnancy)

Information on safe sleep for babies  
[www.isisonline.org.uk](http://www.isisonline.org.uk)

UNICEF UK Baby Friendly Initiative  
[www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

Harrogate Maternity mums and midwives face book page



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[www.hdft.nhs.uk](http://www.hdft.nhs.uk)

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