

SPECIAL FEATURE



Motherhood essentials for the first year

A to-be-mum will tell you how quickly the nine months fly by while she postpones making concrete plans for the baby's auspicious arrival. It is only in the last few weeks before the expected child-birth that the real shopping begins and the pressure of anticipation builds up. To assist in that process, here's a quick list of motherhood essentials for the first year.

SLEEPING

Baby cots

A new-born will spend most of the first year -- yes, that's right -- sleeping! Generally, the baby will require about fourteen hours of sleep for physical and cognitive development. And you will be responsible for ensuring a comfortable space for the baby to have a sound sleep. You can achieve that with a spacious cot that accommodates your child well beyond the first year, or you can pick a much smaller one that you can place by your bedside to tend to the baby's emerging needs during the initial months. These are available within Tk 13,000.

Mosquito nets

To protect the baby from invading mosquitoes and insects, you will find a



portable mosquito net very handy. Departing from the traditional mosquito nets, a portable one made specifically for babies is such that it can be used anywhere -- you just need to place it over the baby -- and it requires no additional materials.

Bedding

Nowadays, quilts and pillows for kids

are widely available. They are just of the right size and are softer than usual for your delicate baby.

FEEDING

High chairs

The next big activity that occupies a baby is eating, which nourishes it and promotes its healthy growth. Although high chairs become useful only after the first year, it does no harm to stay prepared for the different feeding phases of a baby. High chairs give the little one the very first dining experiences. Your toddler can enjoy the meals in an upright, comfortable position, and the high chairs with their attached trays will serve the purpose of creating a mess-free feeding session.

