



## SPECIAL FEATURE

# Goodies for little ones

There are certain moments in life when it feels that everything has come full circle. One realises that no matter how hard or difficult life is, or was before, it's still worth it. Expecting a baby has got to be one of those times for the parents-to-be. It is one of those rare occasions in life when two people witness their love grow every day, in a way it never happened before. Every little hope, every single expectation hinges onto this one little person who is in the making, and preparing for his or her arrival is absolutely the best feeling in the world!

Shopping for a newborn is fun and exciting to say the least. All those adorable little clothes, shoes and accessories are enough to send anyone in full-throttle shopaholic mode! Not to mention are the various designs, colours and types they come in. It is perfectly natural to go crazy and buy everything in sight, as we all want our precious little ones to have the best of everything life has to offer.

It is, however, wise to have a checklist for new parents shopping for newborn. Firstly because one needs a starting point when shopping for babies, and it is important to be practical. Next, a budget is crucial because one needs to allocate expenses wisely. Lastly, it is surprising how much of stuff these little ones need, and without planning and listing, it is very easy to get distracted and miss out on essentials.

To begin with, making a list is the most important step. Jot down all the things the baby will or may need. It will help organise your thoughts and provide clarity to the process.



Furniture for a newborn is one essential you want to start with. Whether you are planning a full-on nursery or dedicating a part of your already overstuffed room, it is important to know where the child will sleep and play.

Cribs, bassinets and baby cots are essential so pick one that suit your needs. A closet for the baby, changing table, bouncers and swings are all equally important. Other items such as crib sheet, mattress, pillows, blankets and cushions are essentials, as is a mosquito net. Next is the stroller and car seat. Depending on your lifestyle demands choose whichever is required. Be



sure to invest in good quality items that will last a long time and will provide safety and cushioning for the baby.

Clothes are the next items that need special consideration and attention. We all want to buy every cute outfit and matching hair band but children need a lot more than fancy things. A few sets of onesies with easy snap closure, sleepsuits, caps, scratch mittens and socks are building blocks that the baby will need on a daily basis.

Sometimes newborns may need two to three outfit changes throughout the day so factor that in when buying clothes. Other items such as swaddle blankets, wash

clothes, burp cloths are also important. Depending on the season, baby wardrobe demands either warm clothes or soft, breathable cotton clothes.

Winter months call for sweaters, cardigans, wool socks and hats, whereas summer call for cotton dresses. You would want to take things easy though; buying far too many small outfits and shoes that the little one will outgrow in a few weeks and months is not very practical, so spend wisely. Other essentials such as toiletries, medical requirements such as thermometers, nose cleaners, feeders and sterilisers are also important and should be purchased and ready to go before the baby arrives. You will want to avoid the last minute rush.

Budgeting is very important in this regard because baby shopping can be rather expensive and it is so easy to get carried away. Allocate a good amount for items such as furniture, transporting equipment and then go with the flow when it comes to items such as clothes, shoes and accessories. One thing to keep in mind is that newborns tend to outgrow clothes very fast, so expensive ones are going to be a bit of a waste, except for a couple of special ones. Also invest in quality, food-grade feeders and sterilisers because your baby's health depends on these items. With these tips in mind you and your partner are likely to enjoy shopping for your bundle of joy to the fullest!

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