

Feeding Equipment For Your New Baby



By Rachel Waddilove

For Beaming Baby

This comprehensive list from Baby Expert Rachel Waddilove gives you the reassurance you need to focus on your baby.

Rachel provides wonderfully warm and practical guidance for you and your new baby in "The Baby Book, how to enjoy year one".

Feeding Equipment for your New Baby

The feeding equipment you need will vary slightly, depending on whether you choose to breastfeed or bottlefeed.

Breastfeeding Shopping List

- Plenty of breast pads
- At least two nursing bras
- Nipple cream
- Breast pump, hand or electric
- Freezer bags for freezing breast milk
- 2 x 100ml (4fl oz) bottles
- Size 1 newborn teats
- Bottle sterilizer
- Small tin of formula (optional)
- Nursing chair (optional)
- Nursing pillow (not essential; ordinary pillows are just as good)

Bottle Feeding Shopping List

- 2 x 100ml (4fl oz) bottles with teats
- 6 x 200ml (8fl oz) bottles with teats
- Size 1 newborn teats
- Bottle sterilizer
- Plastic jug for warming bottles
- Tin of formula suitable for newborns
- Bottle brush
- Electric bottle warmer (optional)
- Milk powder dispenser (optional)

About the Author

Rachel Waddilove is a mother and a grandmother with over forty years experience as a maternity nurse, child-care expert, parental adviser and author.

Helping parents to look after their babies and young children is her passion and she provides a Consultancy and Maternity Nurse Service offering help and advice with newborns, growing babies and toddlers.

For more about Rachel, please visit [Rachel Waddilove's Page](#)



Rachel's Books

We thoroughly recommend Rachel Waddilove's books. To find out more, click on one of these links:

[The Baby Book, How to Enjoy Year One](#)

[The Toddler Book, How to Enjoy Your Growing Child](#)

More Information

For more information about preparing for the birth of your baby, please visit the [Beaming Baby Center](#), call our Free Helpline or email us, we'll be delighted to hear from you.

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