

# Nappies and Baby Changing Equipment



By Rachel Waddilove

For Beaming Baby

We want to provide you with the information you need in easy bite size pieces, here's another fantastic extract of essential information from Baby Expert Rachel Waddilove.

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

## Nappies and Changing Equipment

You can choose from disposable or washable nappies, and many parents use a combination of both. It is often a good idea not to buy huge quantities of nappies before your baby is born, as you will need some time to find out what works best for you and your baby.

### *Changing Shopping List*

- Changing mat
- Changing unit with safety strap (optional)
- Cotton wool
- Newborn nappies (disposable or washable)
- Barrier cream for baby's bottom
- Baby wipes (use from 2 weeks onwards)
- Nappy bin or nappy wrapper (optional)
- Disposable changing mat liners (optional)

### *Shopping List for Washables*

- Fifteen to twenty-five washable nappies
- Four or five wraps or plastic pants
- Nappy liners (washable or disposable)
- Nappy pins or 'nappy nippas'
- Plastic bucket with lid for storing dirty nappies
- Nappy sterilizing liquid (Napisan)

### ***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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