

# Out and About With Your New Baby



By Rachel Waddilove

For Beaming Baby

Taking your new baby out and about! Rachel Waddilove, "Maternity nurse to the Stars" recommends going out as soon as you feel ready.

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

## Out and About with Your New Baby

As soon as you feel ready to take your baby out for little walks, go for it!

### *What Do I Need for an Outing?*

- Make sure your pram or buggy is ready (either folded down for the car, or assembled if you are walking from home).
- Take a raincover or sunshade if needed.
- Put together your changing bag: clean nappies, nappy sacks, baby wipes, change of clothes, two muslin squares.
- Make up a bottle of formula (if bottle feeding)
- Alternatively, take a bottle of boiled water with formula to add.
- If taking bottles, make sure to put them in an insulated bag to stay warm.
- Don't forget to pack your handbag with the things you need.

### *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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Beaming baby

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