

babyconfidence

Tips for Getting Out & About with your Baby

1. Do get out & about with your baby as soon as you're ready. Most babies will sleep in their pram after a feed in the early days so this can be a good time to venture out. Being prepared is the trick to stress-free outings with your little-one!

2. Make sure your changing bag is always stocked and ready to go-this will make leaving the house easier!

Always take: travel changing mat, nappies, wipes, nappy sacks and nappy cream (if using), change of clothing, muslin, tissues, soother (if using), a toy or two and a jacket or sunhat (depending on weather).



3. Breastfeeding in public may seem daunting to some mums, but it's so convenient to feed your baby yourself rather than taking bottle feeding equipment along. To build your confidence practice feeding discreetly at home first- without a pillow, and maybe try using a scarf or shawl as a cover up. A special breastfeeding top is great for keeping you covered and making feeding simple.

4. If you're in a cafe or restaurant sit where you can face away from the room to feed if this makes you feel less observed. You'll feel more confident the more you do it- promise!

5. Many baby shops, restaurants and other places have areas where you can feed and/or change your baby when out-find out where these are in advance.

6. If you are taking a bottle of expressed milk with you, this can be kept cool in a special bag (or section of changing bag) for a few hours. You may need to warm this a little before feeding-take a small flask of hot water if necessary.



7. It is now recommended to make up formula feeds as you need them, and not in advance. The easiest way to do this when you're out is to take a sterilised bottle and teat, and a carton of ready to use formula milk. If using powder, take a flask of hot water and a formula powder container for making a feed on the go.



8. Do have a good practice with your car seat/pram/buggy before heading out on your own for the first time! Pre-adjust all the straps to fit your baby, and be sure you can open and close your pram and get it in/out of the car easily. Same with fitting your car seat into the car and onto the wheels of your pram.

This page contains hints and tips on venturing out with your new baby. Babyconfidence courses and classes are a great way to build up your confidence on all aspects of baby care, before and after the birth.

See website for details www.babyconfidence.co.uk