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Stuff you need for your new babies

It's a hugely exciting yet daunting time expecting twins and so this list is here to help you start preparing, in a practical way, for their arrival.

The reality is that newborn babies don't really need as much stuff as there is on the overly saturated and lucrative baby market. It can appear overwhelming and when you are expecting two the pound signs can really start flashing. Presents from friends and family often consist of toys, books, nursely décor items, toiletries, and little outfits. All of these are lovely but not essential in the first few weeks or even months of a newborn baby's life. When you need to buy two of many things, working out and buying the essentials becomes even more important. If you buy the essentials first, you can always add to them later, rather than having to return unused items, which is not what you need to be thinking about when you have twin babies to look after. Once you have the essentials you can wait until your babies arrive to see what else you feel you need; things can get ordered and delivered pretty quickly these days.

Supermarkets sell most baby products at a reasonable price. Facebook marketplace, eBay or local twin groups are a great place for buying second hand items which you will only use for a short period of time, such a baby baths or moses baskets.

If you are saving money on “stuff”, you could use it to pay for other things such as a cleaner to come fortnightly in the first few months postnatally, the support of a doula, seeing an osteopath, yoga lessons, or a nice meal out for you and your partner because you and your relationship still matter.

It is important to note, just because an item is on the market and sold as a baby product it does not mean it is safe. For example, this includes cot bumpers, pods for your babies to sleep in and any bottle prop/holder cushion. Practices and products from our parents and grandparents' days have changed as more research has been done. In fact, research is being done all the time, so always look for the most up to date research. Please always seek professional evidenced based information if you are unsure, anecdotes from Facebook groups, Mumsnet and WhatsApp are not the place to find that information. The Lullaby Trust and First Steps Nutrition Trust are great sources of evidence based information around infant sleep and feeding.

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The essentials that need gathering for your babies:

(This list is just a guide and really dependent on which season your babies are born in, how often you will manage to do washing and what you have space and budget for).

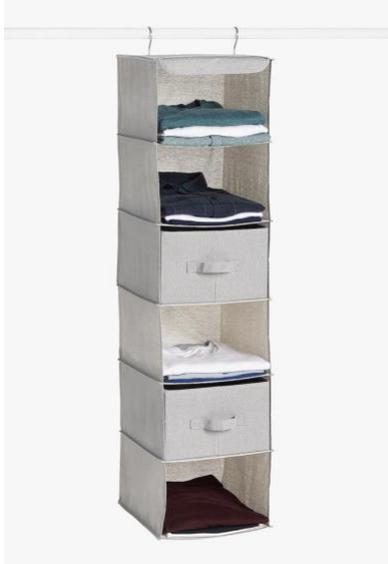
Baby grows	15-20 (you can always buy more if you need them) Ones with zips are great and sold in most shops. Consider bookmarking some early baby/preemie baby grows so they are to hand should you need them. Outfits that are more like clothes look lovely but are not as practical as a baby grow.
Short sleeved vests	15-20
Soft cotton hats	6 (only to be worn outside)
Cardigans	6
Infant car seats	Get them expert fitted, some shops offer this service when you buy them, such as Halfords and most independent shops too.
Sling	Great for having free hands with twins. The Twingo, Weego Twin and Minimonkey Twin are specifically designed for carrying twins, but most stretchy wraps can be used for two too. The Twin Sling Facebook group is a really helpful source of support.
Pram/buggy	There are numerous to try out on the market. Secondhand ones are a good idea. Make sure it will fit in the boot of your car and through your front door, depending on where it is going to be kept.
Changing bag	This can be any bag big enough to carry some nappies, wipes, changes of clothes, muslin cloths, your purse, and keys, etc. A rucksack style bag can be easier to wear and is better for your back. (Make sure you have a spare change of clothes for yourself in there too.) Make sure your partner is happy carrying which ever bag you go for too, wouldn't want to ruin their style.
Night light	So not to disturb everyone when you get up in the night to feed, change nappies or comfort your babies, but can still see what you are doing.

	A red or amber light is best as they are the only ones that do not inhibit the hormone melatonin that helps us feel sleepy. Avoid blue light as it blocks the melatonin hormone.
Baby monitor	There is an abundance to choose from. The main things to look for are audio quality and battery life.
Moses basket & stand/Next to me/Cots and mattresses	This will depend on your space and choice of sleeping arrangements. Please consult the Lullaby Trust on sleep safe products, this applies for naps too.
Waterproof mattress cover	4 Buy larger ones than initially necessary so they will last as you move up in mattress size
Fitted mattress sheets to suit your bed of choice.	8
Cotton cellular blankets	4
Muslins	At least 15. They can be used for everything – bib, comforter, blanket, changing mat, playmat, toy, makeshift nappy, the list is endless. Have them scattered around the house and some in the car just in case.
Changing mats	2 Having a changing station upstairs and downstairs can be really helpful, not necessarily a table, a mat on the floor can be just as useful. If you use the floor they cannot fall off if you need to get something or see to the other baby.
Barrier cream for baby's bottom	There are various brands, some more gentle than others. Have one pot in each changing station and one in the changing bag.
Thermometer	The ones which measure under the arm are recommended, are they are most reliable and easiest to do.
Nasal aspirator	This is basically a snot sucker. When your baby has a cold and they can't blow their nose this does the job for you.
Nail clippers	Baby nails grow incredibly fast.
Wipes	Washable or disposable. Cotton wool and warm water are great for the early days and you can use tupperware

	or even an old yoghurt pot for holding the water.
Nappies	Washable or disposable. Look out for offers in supermarkets but be careful not to over buy a size as they do grow out of them quickly.
Bucket/bin for nappies	This does not have to be the specially designed ones. An ordinary bin with a lid will do with a black bin liner inside. Or a bucket with a lid if using reusable ones.
Baby towels	2
Baby bath	Not always necessary. Babies can go in the bath one at a time with you, or bathe in the sink, in a bowl or bucket. Baby baths are heavy to pick up and if they are designed to go in the bath, leaning over can be hard on your back.
Feeding pillow	Have one upstairs and one downstairs. These are very useful however you are feeding your babies.
Bottles	10-15 If you are choosing to formula feed or mix feed your babies, there are many bottles and teats to choose from. I would recommend asking your health visitor or midwife which they recommend.
Bottle and teat brushes	1 for each.
Steriliser	This will depend on space and personal choice. Please refer to First Steps Nutrition Trust for bottle feeding and sterilising advice.
A floor cloth or mat	For your babies to lie on and eventually play on. Size and thickness will depend on the space you have in your home and whether you have carpet or wooden floors. Useful for taking out when visiting family or friends.
Baby bouncer	2 Useful as a space to leave your babies when you need to leave the room briefly, like going to the toilet or answering the front door. They are not safe for babies to sleep in.

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Ways to store baby clothes without spending a fortune on nursery furniture is wardrobe organisers, available in many high street stores.



Great if you have a full size wardrobe already but nowhere to put all of those tiny vets, baby grows and nappies.



A great addition to a chest of drawers for rolled up baby grows, hats, and teeny socks.