everyday shopping list:

"for all your baby's shopping essentials…"

For Baby

- ☐ Nappies
- ☐ Nappy Sacks
- ☐ Wipes
- ☐ Anti-bacterial hand cleanser
- ☐ Cotton wool
- ☐ Baby toiletries (shampoo, soap, cream, lotion, toothpaste)
- ☐ Formula milk
- ☐ Baby food and juice (from 4-6 months)
- ☐ Full fat milk (from 6 months for food preparation and from years for drinking)
- ☐ Sterilising liquid
- ☐ _____

For You

- ☐ Breast Pads
- ☐ Muslim Squares
- ☐ Nipple Cream
- ☐ Nipple Shields
- ☐ _____
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Groceries

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