

CHECKLIST: Change Table Essentials



MUM'S
GRAPEVINE

MOST USED

- Nappies (disposable or cloth)
- Baby wipes
- Nappy rash cream
- Hand sanitiser
- Nappy sacks/bags
- Change table covers
- Nappy bin or nappy pail
- Cloth nappies (to mop up spills)
- Soft light (for night changes)
- Dummy or teething toy
- Spare onesie + clothes
- Disinfecting wipes
(to clean table)



GROOMING & CARE

- Moisturiser
- Face washer
- Hair brush
- Nail clippers
- Cotton balls
- Thermometer
- Nasal aspirator
- Massage oil



HANDY

- Mobile (for distraction)
- Nappy caddy
- Laundry basket



SHOP
SMART

