



A Guide to Your Baby Box

www.pramdepot.com

Illustrations by AsherMegan Humphries

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Having a baby can be very stressful when you're already experiencing difficulties in your life. We know that this is likely to be a challenging time for you, especially as some services and community groups are closed due to covid-19.

You are not alone. We want to support you as best we can to take care of you and your baby during this period.

In this box you will find items to help you and your baby, along with detailed instructions for how to use them.

If you have any questions about the box and the items in it, you can contact the organisation or person that referred you to us and ask them to contact PramDepot.

This guide contains some links to information on the internet. If you cannot access the internet, please ask the organisation or person that referred you to print the information out for you or help you access it in another way.

With love from PramDepot xx



IN THIS BOX, YOU WILL FIND THE FOLLOWING ITEMS:

FOR YOU:

- A hospital hygiene bag including toothpaste, deodorant and other items you might need immediately after the birth of your baby
- Disposable maternity pads
- Disposable breast pads
- Reusable breast pads (you can wash and reuse these)

FEEDING:

- A silicone bulb breast pump
- A microwave steriliser or a cold-water steriliser
- Milk storage bags
- Bottles
- Bibs

SLEEPING:

- A mattress for the box
- Sheet
- Blankets
- Sleeping bag (if available)

CHANGING:

- Nappies
- Nappy cream
- Wet wipes

CLOTHES:

- Hats
- Baby grows
- Vests
- Cardigans or jumpers
- Scratch mittens

ADDITIONAL:

- 1 wrap sling
- 1 dummy
- Muslin

We try to make sure our Emergency Baby Boxes include every item on this list but this isn't always possible. If there are any items missing, this is because we haven't been able to get enough of this item for each box. You can ask the organisation that referred you if they can help you get any missing items.



HOW TO USE THE ITEMS IN YOUR BOX

THE BOX, MATTRESS, SHEET AND BLANKET



The baby box is a safe place for your baby to sleep if you do not have a cot or a Moses basket. If you choose to use your baby box as a sleep space, please make sure you follow this advice:

- Wherever possible use the box for daytime naps only. If you have a cot or a Moses basket, you should use this for your baby to sleep in during the night.
- Do not lift or carry the box around if your baby is in it.
- Do not put a lid or cover on your box if the baby is in it.
- Always keep the box clear as a sleeping space.
- Do not place additional bedding on top of the mattress to raise your baby up to a higher level.
- Ensure the box is placed on a solid surface and cannot fall over.
- Do not use the box if it gets wet or soiled.
- Do not put the box on a heated floor.
- Ensure that any pets stay away from the box.
- Do not leave the baby in the box unattended or out of view.
- Do not use the box once your baby is able to roll over.
- Always place your baby on their back to sleep.

You should be aware that there is no direct evidence that the use of a baby box will reduce Sudden Infant Death Syndrome (SIDS) or lower infant mortality. There is no specific safety standard for a cardboard box to sleep a baby.

WRAP SLING

The sling is for carrying your baby. Please make sure you read the guidance below and any instructions that come with the sling before using it. Keep your baby close and keep your baby safe when you're wearing a sling or carrier.



Tight

Slings and carriers should be tight enough to hold your baby close to you as this will be most comfortable for you both. Any slack/loose fabric will allow your baby to slump down in the carrier which can hinder their breathing and pull on your back.

In view at all times

You should always be able to see your baby's face by simply glancing down. The fabric of a sling or carrier should not close around them so you have to open it to check on them. In a cradle position, your baby should face upwards not be turned in towards your body.





Close enough to kiss

Your baby's head should be as close to your chin as is comfortable. By tipping your head forward you should be able to kiss your baby on the head or forehead.

Keep chin off chest

A baby should never be curled so their chin is forced onto their chest as this can restrict their breathing. Ensure there is always a space of at least a finger width under your baby's chin.



Supported back

In an upright carry, a baby should be held comfortably close to the wearer so their back is supported in its natural position and their tummy and chest are against you. If a sling is too loose it can slump, which can partially close their airway (this can be tested by placing a hand on your baby's back and pressing gently – they should not uncurl or move closer to you). A baby in a cradle carry in a pouch or ring sling should be positioned carefully with their bottom in the deepest part so the sling does not fold them in half pressing their chin to their chest.

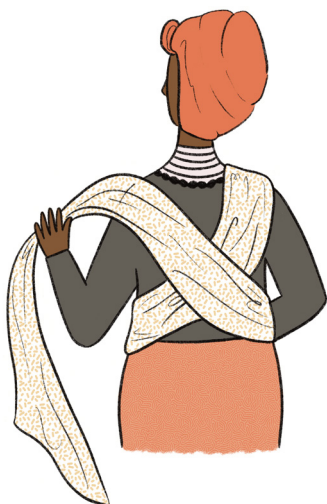


How to tie a wrap sling



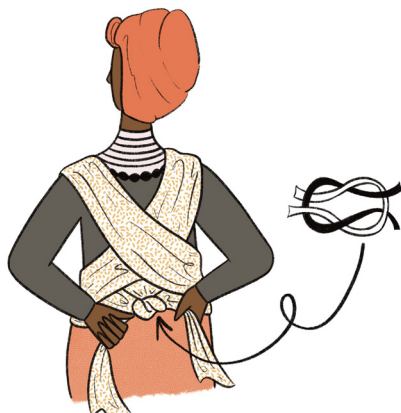
Take the cloth in the middle and hold it to your stomach.

Pull the fabric to behind your back, cross it behind you and pull over the opposite shoulders.



Cross the fabric over in front, then pull both ends through the fabric around your waist.

Pull the fabric behind you and tie in a **DOUBLE KNOT**. If there is enough fabric left over then you can bring the ends of the fabric to the front and tie in a double knot in front.



The fabric should be in an X shape over your stomach. Place baby into the X on your stomach. Put each leg into each side of the X.

If the baby is sleeping or unable to hold its neck up, use the fabric behind the baby's head by pulling it over to support the back of the baby's head.



IMPORTANT INFORMATION ABOUT YOUR SLING

WARNING Constantly monitor you child and ensure their mouth and nose are unobstructed.

WARNING For pre-term, low birthweight babies and children with medical conditions, seek advice from a health professional before using this product.

WARNING Ensure your child's chin is not resting on its chest as its breathing may be restricted which could lead to suffocation.

WARNING To prevent hazards from falling ensure that your child is securely positioned in the sling.

- Please be aware of the hazards in the domestic environment e.g. heat sources, spilling of hot drinks.
- Only use the product for the number of children for which the product is intended.
- The sling is not suitable for use during sporting activities e.g. running, cycling, swimming and skiing.
- The carer should be aware of the increased risk of your child falling out of the sling as it becomes more active.
- Regularly inspect the sling for any signs of wear and damage.
- Keep this sling away from children when it is not in use.
- The baby wrap is subject to normal wear and tear during use. If damaged, do not use.
- Your movement and the child's movement may affect your balance. Take care when bending and leaning forwards or sideways.

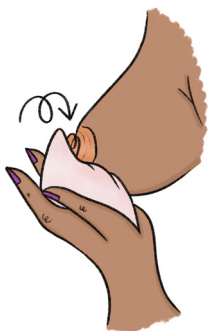


BREAST PUMP

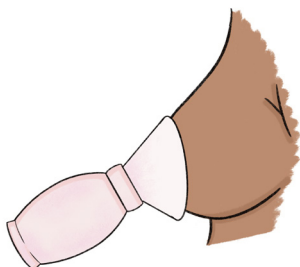
Please make sure you read the instructions that come with the breast pump for detailed guidance on how to use it.



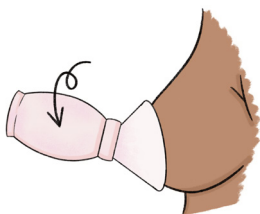
Ensure that the breast pump has been properly washed and sterilised before use.



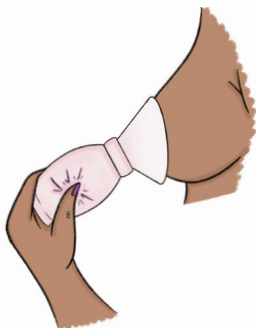
Using a warm clean cloth, gently massage the breast in a circular motion to encourage milk flow.



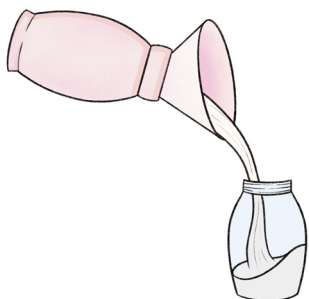
Cover the nipple and breast area with the suction portion. Gently squeeze the pump until suction motion begins to produce milk. Continue until desired amount has been collected.



If the milk flow seems to be inconsistent, reposition the pump into a different position.



Continue pumping motion until milk flow slows. This may take up to 45 minutes.



Simply transfer produced milk into milk storage bags or sterilised bottles or containers. Fill containers to $\frac{3}{4}$ only as the milk may expand when cooled. Store in fridge or freezer.

Your breast pump must be sterilised after each use to prevent the growth of bacteria that could harm your baby. You can use the steriliser to sterilise your breast pump, using the same process as for sterilising bottles (outlined over leaf).

MILK STORAGE IN BAGS OR BOTTLES

These bags are for safely storing your breast milk. Guidelines for the safe storage of expressed breast milk:

- Store in a sterilised container or milk storage bag.
- Store at room temperature for up to 6 hours.
- Store at the back of a fridge (5oC - 10oC) for up to 3 days.
- Store at the back of a fridge (0oC - 4oC) for up to 8 days.
- Store in the ice compartment of a fridge for up to 2 weeks.
- Frozen breast milk can be stored for up to 6 months.
- If defrosted at room temperature, use immediately.
- If defrosted in the fridge, use within 12 hours.
- It is best to defrost frozen milk slowly in the fridge before giving it to your baby but if you do need to use it immediately, place the frozen milk in a jug of warm water or hold it under running warm water to defrost.
- Never re-freeze defrosted breast milk as it is not safe to do this. After preparing defrosted breast milk in a bottle to give to your baby, it must be used within 1 hour. Any leftover milk should be thrown away after this time.

STERILISER

In your box, you will either have a microwave steriliser or a cold-water steriliser. There are three methods for sterilising items. You can choose which method to use, depending on the equipment you have access to.

USING A MICROWAVE STERILISER:

- A microwave sterilisation uses steam (heat) to sterilise baby bottles and teats.
- Please make sure you read the instructions provided with the steriliser for a detailed guide on how to use it safely.
- You should also ensure you position all bottles and teats with the openings facing downwards in the steriliser.
- Be especially careful that you use the correct power setting on your microwave. If you set this too high, this will melt the bottles and teats. Never put your baby feeding equipment directly into the microwave, without using a steriliser. This will not effectively sterilise your items and will likely damage them.
- Never place metal items inside a microwave.
- If you're not using the sterilised items immediately, you can store them in the sterilising unit as long as you keep it sealed. You should read the instructions to find out how long you can keep the items.

COLD WATER STERILISING:

Cold water sterilising is a way of sterilising your items using a special formula provided by a manufacturer.

Please make sure you read the instructions provided with the steriliser for a detailed guide on how to use it safely.

- Ensure that any trace of milk or food is removed. Take special care to clean teats, bottle rings where milk residue can easily be trapped.
- Leave feeding equipment in the sterilising solution for at least 30 minutes.
- Change the sterilising solution every 24 hours.
- Make sure there are no air bubbles trapped in the bottles or teats when putting them in the sterilising solution.
- Your steriliser should have a floating cover or a plunger to keep all the equipment under the solution.

BOILING:

Boiling is the most basic method of sterilising using heat. To sterilise your baby bottles and teats by boiling them, follow these steps:

1. Check that your bottles, teats and anything else you wish to sterilise are all able to be boiled safely.
2. Put all the items you need to sterilise into a large pot.
3. Fill the pot with water until all the items are completely submerged. You also need to make sure there aren't any air bubbles inside any of the bottles or teats.
4. Bring the water to a rolling boil.
5. Boil the water for 10 minutes.
6. Leave the items in the pot until you're ready to fill them. Or you can store them in a sterilised container in the fridge. When removing your bottles and teats, make sure the water has cooled enough that you won't burn yourself.
7. Repeat this process if you don't use your bottles and teats within 24 hours of boiling.

BOTTLES

These bottles are for feeding your baby with breast milk or formula milk.

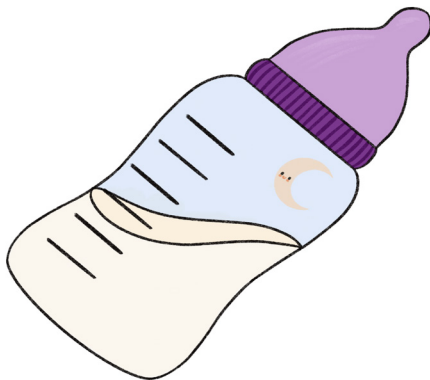
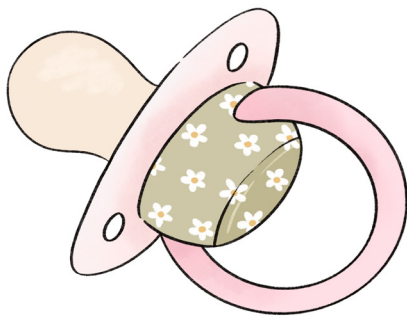
You need to wash and sterilise your bottles after each use to prevent bacteria growing that could harm your baby. You can do this using the steriliser instructions above.

Please make sure you read the instructions that come with the bottles.

DUMMY

You need to wash and sterilise the dummy after each use to prevent bacteria growing that could harm your baby. You can do this using the steriliser instructions above.

Please make sure you read the instructions that come with the dummy.



MATERNITY PADS

These disposable pads are to help with any bleeding or discharge from your vagina after the birth of your baby. It's normal to need these for several weeks after the birth.

BREAST PADS

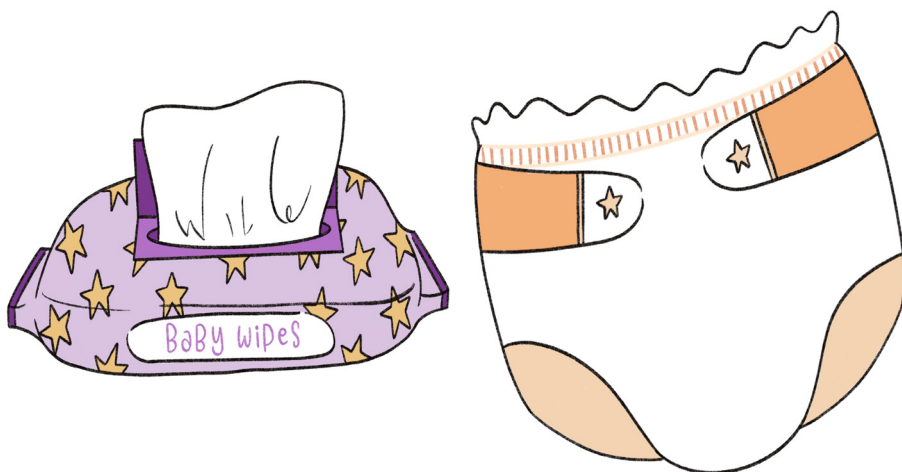
These pads are to absorb milk that leaks from your breasts in between feeding (if you are breast feeding). They can be washed in the washing machine or by hand and re-used. You may also have some disposable breast pads in your box, which you should throw away after using.

WET WIPES

Do not flush wet wipes in the toilet, as they may block pipes. These should be disposed of in a sealed bin.

CLOTHES

All the clothes in your box have been lovingly donated by people in our local community. We ask people to wash the clothes before they donate them, and usually they do. However, we cannot guarantee that all the clothes have been washed before they come to you so we advise you to wash them before using them.



SAFETY GUIDANCE

SAFE SLEEPING

We recommend visiting the Lullaby Trust website and reading the information about safe sleeping:

www.lullabytrust.org.uk/safer-sleep-advice.

ADVICE FROM THE LULLABY TRUST ON ROOM SHARING

- Place your baby to sleep in a separate cot or Moses basket in the same room as you for the first 6 months, even during the day.
- A large study of evidence from across Europe found that the risk of sudden infant death was significantly reduced when the infant slept in the same room, but not the same bed, as the parents.
- The safest place for your baby to sleep for the first 6 months is in a separate cot or Moses basket in the same room as you.
- The chance of Sudden Infant Death Syndrome (SIDS) is lower when babies sleep in a separate cot in the same room as their parents.
- Never sleep on a sofa or in an armchair with your baby.
- Sleeping on a sofa or in an armchair with your baby is one of the most high-risk situations for them.
- Studies have found that sharing a sofa or armchair with a baby whilst you both sleep is associated with an extremely high risk of SIDS. One study found that approximately one sixth of infants in England and Wales who died of SIDS were found sleeping with an adult on a sofa.
- Make sure that you do not accidentally fall asleep with your baby on a sofa. If you think you might fall asleep, put the baby down in a safe place to sleep.

ADVICE FROM THE LULLABY TRUST ON CO-SLEEPING

Some parents choose to bed share with their babies. This means that their baby shares the same bed with an adult for most of the night, and not just to be comforted or fed. Some parents also choose to sleep with their baby in other places.

Babies should sleep in a clear sleep space, which is easy to create in a cot or Moses basket. We know however that families also bed share, and so recommend making your bed a safer place for baby whether you doze off accidentally, or choose to bed share. Our advice on co-sleeping with your baby will tell you how.

FOR SAFER CO SLEEPING

- Keep pillows, sheets, blankets away from your baby or any other items that could obstruct your baby's breathing or cause them to overheat. A high proportion of infants who die as a result of SIDS are found with their head covered by loose bedding.
- Follow other safer sleep advice to reduce the risk of SIDS such as sleeping baby on their back:
www.lullabytrust.org.uk/safer-sleep-advice
- Avoid letting pets or other children in the bed.
- Make sure baby won't fall out of bed or get trapped between the mattress and the wall.



WHEN NOT TO CO-SLEEP

It is important for you to know that there are some circumstances in which co-sleeping with your baby can be very dangerous:

- Either you or your partner smokes (even if you do not smoke in the bedroom).
- Either you or your partner has drunk alcohol or taken drugs (including medications that may make you drowsy).
- Your baby was born premature (before 37 weeks).
- Your baby was born at a low weight (2.5kg or 5 1/2 lbs or less).
- Never sleep on a sofa or armchair with your baby, this can increase the risk of SIDS by 50 times.
- You should never sleep together with your baby if any of the above points apply to you or your partner.

FEEDING YOUR BABY

Some women choose to breastfeed their babies while others choose to bottle feed using formula milk. You can choose the option that feels right for you. You should be able to ask your midwife or health visitor for support and information about feeding your baby.

We recommend visiting the NHS website to read the information and advice on feeding:

- NHS advice on breastfeeding:
www.nhs.uk/start4life/baby/breastfeeding
- NHS advice on bottle feeding:
www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/advice



COVID-19

It is very important to take steps to prevent either you or your baby from contracting COVID-19 as it could make you unwell.

It is possible for pregnant women to pass COVID-19 onto their unborn baby but this is very rare and, where it has happened, the babies have recovered.

Remember the guidance: Hands. Face. Space.

Hands: Wash your hands regularly for 20 seconds each time. This is particularly important before you feed your baby or handle feeding equipment.

Face: Cover your face with a mask whenever you are indoors or in an enclosed space with others. Do not put a mask on your baby - children under the age of 3 should not wear a mask as this could be unsafe.

Space: Keep at least two metres away from people you do not live with at all times. If you want to meet with others, do this outdoors.

We recommend reading this advice from the Lullaby Trust on coronavirus and caring for your baby:

www.lullabytrust.org.uk/safer-sleep-advice/coronavirus-and-caring-for-your-baby



Hands



Face



Space

GETTING TESTED FOR COVID-19

If you experience any of the following symptoms, you should self-isolate immediately:

- a high temperature
- a new, continuous cough
- you've lost your sense of smell or taste or it's changed

You should also use this online service to book a free PCR test to find out if you have COVID-19: <https://www.gov.uk/get-coronavirus-test>

If you are not experiencing symptoms but would still like to get tested, you can order free rapid lateral flow tests online. These tests are less accurate than PCR tests, so you should only get them if you don't have symptoms:

www.nhs.uk/conditions/coronavirus-covid-19/testing/regular-rapid-coronavirus-tests-if-you-do-not-have-symptoms/

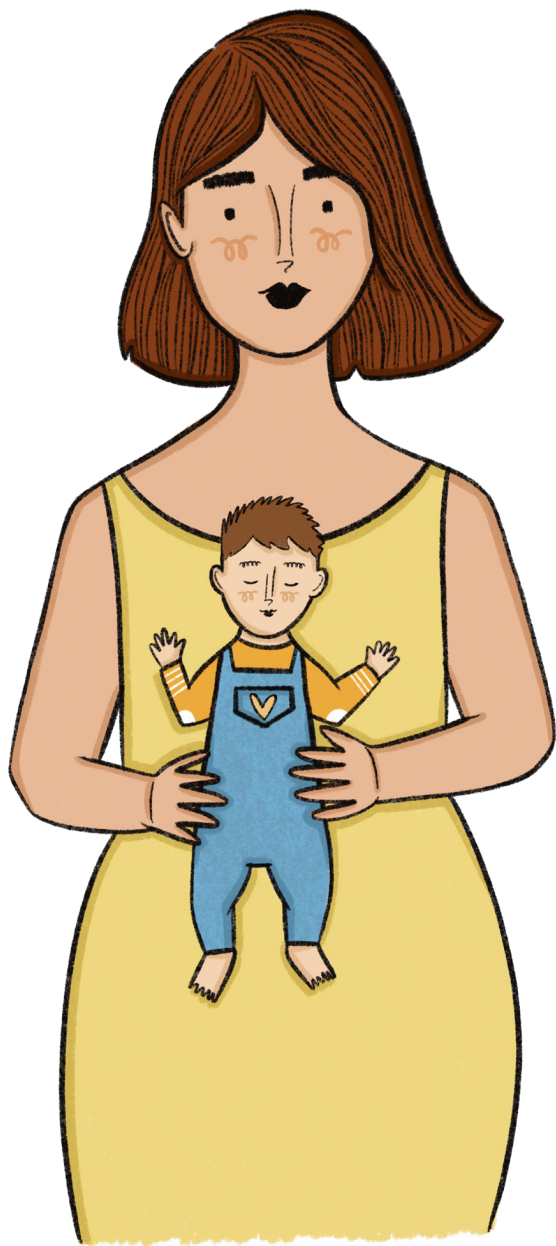
SELF-ISOLATION GUIDANCE

If you are self-isolating you need to follow these rules:

- do not go to work, school or public places – work from home if you can
- do not go on public transport or use taxis
- do not go out to get food and medicine – order it online or by phone, or ask someone to bring it to your home
- do not have visitors in your home, including friends and family except for people providing essential care
- do not go out to exercise – exercise at home or in your garden, if you have one.

If you need help with things like collecting food or medicine, an NHS volunteer may be able to help you. You can phone 0808 196 3646 to request this.

You also may be able to get financial help if you are self-isolating. Find out more on this website: www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/help-and-financial-support-while-youre-self-isolating/





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