



Tips and tricks to get out & about with your baby

WITH **OHbaby!** *AND* **phil&teds**[®]
adapt&survive!

We asked the experts (our OHbaby! readers 😊), what their number one tips and tricks are when getting out with baby. Here are some of their helpful ideas. Don't leave home without them!

- ✓ Always be prepared when you leave the house.... extra snacks and bottles! And loads of water. Can always prevent a breakdown!
- ✓ Carry an extra set of clothes in case of any accidents and kids music in the car always helps.
- ✓ Invest in things that make life easier, such as a quality pram as you will use it more than you realise. A nappy bag that your hubby or partner won't be ashamed to use.
- ✓ Couple of books and a toy in the car has always been a winner for us!!
- ✓ I always like to take a spare top for me as well as my children just in case.
- ✓ Always take more than u need. U never know what's going to happen. I make sure I have plenty of snacks and milk for bubs. Along with a spare set of clothes.
- ✓ Always have a packet of tissues in your pocket!!
- ✓ Have a buggy sleeping bag for winter - little feet can't kick it off and it means you just have to pop your little person in and zip em up - voila a warm little lady or man happy and content while you head out and about!!
- ✓ I keep a zip-lock bag with 1 or 2 nappies and a small pack or wipes in the bottom of the pram pocket all the time in case my nappy bag gets low and I forget to top it up (baby brain) and always keep a spare top for myself in the nappy bag burping can be messy.
- ✓ Make sure you take a rain cover for the stroller, never know when you are going to get caught in the rain!
- ✓ Use make-up bag or clutch within your nappy bag for your personal items (keys, wallet, hair ties etc.)
- ✓ Don't forget about yourself! Pack some fruit or a muesli bar and bring a spare top for you too.
- ✓ Keep baby wipes in the car at all times! Always have a book or toy or snacks for a distraction when out and about and kids get tired/upset/bored. (eg. shopping, cafes, long walks).
- ✓ Wear a light scarf whenever you go out - good for all kinds of Wellington weather and it's easy to get breastfeeding with it as a cover, without needing to get it out and arrange it when baby needs to be fed straight away!
- ✓ Keep a bag in the car with the essentials so you don't have to think about it when you're just popping out for a quick trip.
- ✓ FEK (Food Emergency Kit)! ALWAYS ALWAYS have food in the car! This needs to be nonperishable and unopened.....aka 'DON'T open unless it's an emergency'. Things can include: Bottled water, low salt rice/vitawheat crackers, low sugar muesli bars.
- ✓ Always have a 'quiet' distraction in your bag for little ones.....finger puppets and little board books was a favourite of ours.
- ✓ A small activity bag that belongs in the pram has been a lifesaver for us. It normally contains a snack, a book and a toy. Also a blanket attached to the stroller will also make sure you're ready to go!!
- ✓ Snacks and water is a must! But I always have a muslin blanket as well. Comes in handy for so many things!
- ✓ Have child friendly apps / songs on your phone can never go wrong!
- ✓ I would say if you are bottle feeding or expressing, get your baby used to cooler or cold milk then you don't have to worry about heating it up! Worked a treat for us.
- ✓ Pack babies things the night before when they're sleeping - saves so much time in the morning when they're awake and need attention.
- ✓ In summer always make sure there's sunblock sitting in every bag you own.
- ✓ An ice cream container with a hand towel, small packet of wipes and a plastic bag inside with the lid on kept under the seat seems like it has been sent from angels in emergency spew incidents.
- ✓ When getting little people out of the car and still unloading a baby or other things from the car, tell the older child they must keep their hand on the petrol cap, or side of the car to be safe. Put a sticker on the car that they have to keep their hand on so they don't run out into car parks or wander off.
- ✓ Use a zip lock back to store a change of clothes for bub. It keeps them all together in your nappy bag and gives you something to store the poohie wet clothes when you've changed them.
- ✓ I bought a wrist key ring which I couldn't be without so can get Mr 2 out of the car and don't misplace my keys.
- ✓ Plan to leave ten minutes before you need to, so you have time to change their shoes, jumper, blanket, get a cookie that isn't broken etc. Best case you'll be early, but at least you won't be late.
- ✓ Take a water bottle that everyone can drink from (preferably leak-proof).
- ✓ A to go bag that has essentials in it including a mini first aid kit and little recyclable bags that can be used asap for those mum emergencies that can cause you to have a mini melt down when some liquids escape and you're on the go and not in home base.
- ✓ Always pack a lunchbox even if you think you aren't going anywhere.