

Middle of the Night SURVIVAL KIT CHECKLIST

Using a caddy or basket, keep these items close for calmer 2am feeds and changes.

- **Lamp or Night Light** - enough to see, but not so bright it wakes everyone.



- **Water Bottle**- Feeding can dehydrate you, so sip regularly through the late-night feeds.



- **Snack Stash**- Something quick, quiet, and easy to eat (like muesli bars) to keep your energy up.



- **Spare onesie/ Swaddle/ Sleep Bag**- Accidents always happen at night, so be prepared.



- **Nappies, Cream, Wipes, Change Mat & Nappy rubbish bag** - For those inevitable middle-of-the -night changes.



✨ **Mum tip:** Restock your basket in the morning so it's always ready when night rolls around.

