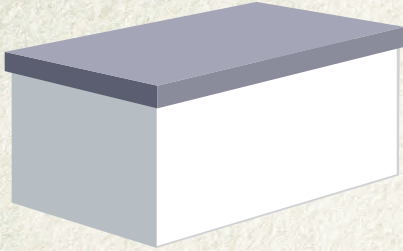


# EVERYTHING YOU NEED TO KNOW ABOUT YOUR BABY BOX



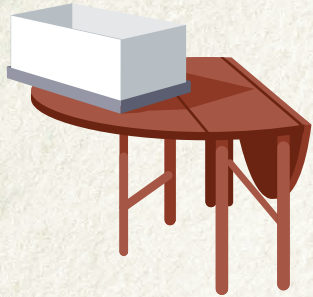
# Things to remember when using the box for your baby to sleep in



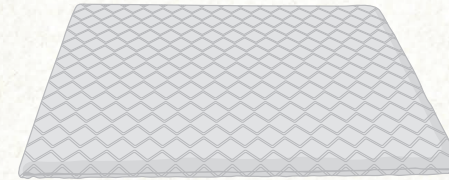
**1.** The lid should not go on the box when your baby is in it, but should be used as a base by placing it underneath.



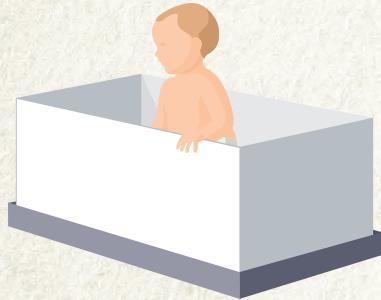
**5.** Please do not place the Baby Box close to open fires, and other sources of strong heat, such as electric bar fires, gas fires etc. as this will be extremely dangerous.



**2.** Don't be tempted to place the box on a table or surface in case it falls. Keep the box flat and don't prop it up.



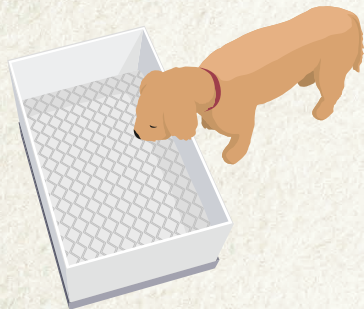
**6.** Only use the mattress provided with the box.



**3.** The box is suitable as a sleeping space for young babies. When your child can kneel or pull themselves up, the Baby Box should no longer be used for sleeping.



**7.** If you need to move the Baby Box, lift your baby out first, remembering to bend at the knees.



**4.** Keep pets away from boxes at all times.



**8.** Put the Baby Box on the floor (sitting inside the lid) and make sure you can see your baby. Keep the Baby Box close to you when your baby is sleeping in it. This will help them to feel secure.



# What's in your Baby Box?

1. A poem for your wee one, written by Scotland's National Poet, Jackie Kay
2. RSNO postcard to download free lullaby tracks
3. Scratch mittens (1 pair), size newborn
4. Short-sleeved bodysuit (x1), size newborn
5. Long-sleeved bodysuit (x1), size newborn
6. Long-sleeved side buttoning bodysuit (x1), size 0-3 months
7. Cotton hat (x1), size 0-3 months
8. Long-sleeved bodysuit (x1), size 0-3 months
9. Long-sleeved sleepsuit (x1), size 0-3 months
10. Jersey trousers (x1), size 0-3 months
11. Pair of socks (x1), size 0-3 months
12. All-in-one daysuit (x1), size 3-6 months
13. Jersey trousers (x1), size 3-6 months
14. Long-sleeved sleepsuit (x1), size 3-6 months
15. Pair of socks (x1), size 3-6 months
16. Fleece jacket with hood (x1), size 3-6 months
17. Mattress (x1), specially designed to fit your Baby Box



18. Mattress protector (x1), specially designed to fit the mattress
19. Fitted sheets (x2), specially designed to fit the mattress
20. Cellular blanket (x1)
21. Baby wrap (x1)\*
22. Hooded bath towel (x1)
23. Digital underarm thermometer (x1)\*
24. Bath sponge (x1)
25. Bath and room thermometer (x1)\*
26. Toothbrush (x1)
27. Teething ring soother (x1)
28. Baby books (x2)
29. Play mat (x1)
30. Emery boards (x3), for trimming your baby's nails
31. Dribble bib (x1)
32. Muslin cloth squares (x3)
33. Comforter toy (x1)
34. Travel changing mat (x1)
35. Pack of 24 disposable nursing pads (x1)
36. Box of 3 condoms (x2)
37. Pack of 12 maternity towels (x1)
38. Romper and bodysuit set (x1), size 0-3 months
39. Road Safety Scotland buggy book 'Out and About'



Please note, contents of the Baby Box may vary.

\*Please refer to the manufacturers' instructions and retain for the future.

**Parent Club**  
parentclub.scot



# A gift for your baby



**We want every child in Scotland to have the best possible start in life. So we're welcoming every newborn baby in Scotland with their very own Baby Box.**

To help your baby's wellbeing in the first few important months, we've provided clothes, bedding and lots of other useful things to help give your baby the best possible start in life.

It also comes with a mattress, protector, fitted sheet and blanket so you can use it as a safe and comfortable place for your newborn to sleep, if used in accordance with safe sleeping guidelines. When your child can roll over, sit, kneel or pull themselves up, the Baby Box should no longer be used for sleeping. Then later on, it makes a great memory box or a toybox when they're too big to sleep in it.

We hope you love your welcome gift from The Scottish Government. To find out more about your Baby Box, and get lots of hints and tips from other parents with babies and children go to **Parentclub.scot**

You can also contact **scotlandsbabybox@theapsgroup.com** or call **0800 030 8003** if there's anything missing or faulty.

(Please quote the registration number on the leaflet you were given at your 20-24 week midwife appointment).