BABIES AND EXTRA SUPPORT

READY WHEN IT MATTERS · FREE PRINTABLE

Extra items for a baby or toddler, and for anyone who relies on medicines, equipment or carers.

Baby and toddler (7 days)

- [ ] Ready-to-feed formula in small cartons (no water or mixing needed)
- [ ] Cold-water sterilising tablets or single-use cups, because bottles still need sterilising
- [ ] Bottles, teats and a way to sterilise them
- [ ] Nappies (at least a week's supply), wipes and nappy bags
- [ ] Baby food pouches, spoons and bibs
- [ ] Children's paracetamol or ibuprofen suitable for their age, and a dosing syringe
- [ ] Thermometer and nappy cream
- [ ] Spare clothes and a baby sleeping bag
- [ ] Sling or carrier, in case you have to walk
- [ ] Comfort toy and a few favourite books

Extra support

- [ ] Medicines for at least a week, and a list of them
- [ ] Spare glasses, hearing aid batteries and denture care
- [ ] A plan for charging powered wheelchairs, hoists and equipment
- [ ] Continence products and spare bedding
- [ ] Copy of the care plan and carers' contact numbers
- [ ] Registered with energy and water companies for priority help
- [ ] Medical information where paramedics will find it
- [ ] Key safe or spare key with a trusted neighbour

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