



Empowering Birth

# Holistic Newborn Basics

## Woollen close sets

- 2 to 4 wool/silk rompers long sleeve crossover open
- 1 wool/silk hat strikmuts
- 1 wool socks
- Woolen wrap blanket for soft swaddle
- For winter babies wool filt over blanket

**\*Optional:** wool overall or full body suit  
you could also get Wool pants and sweaters instead,  
2 sets

## Body care

- Pure base oil for baby skin, for example pure almond oil or calendula baby oil from Weleda
- Pure lanolin cream (wool fat) for baby bum/rash and mother's nipples
- Heilwol for mum's nipples
- Cordring for umbilical cord
- A good baby sling or ergonomic carrier. I recommend a sling for the early months as it supports the small baby better. The carrier is great later on, also for back carrying. But the carrier can also safely be used from the beginning as long as it's ergonomic.

*\*Links to where to buy these items are inbeded in the text, just klink on the item and it will take you to the online store. Please note that these exact brands may not be available outside of The Netherlands, but simaler brands would be.*

