

# List of holistic newborn basics

- Woolly set:

2 - 4 wool/silk rompers long sleeve crossover open

1 wool/silk hat strikmuts

1 wool socks

Optional wool overall or full body suit

Or Wool pants and sweaters

2 sets

- Woolen wrap blanket for soft swaddle

For winter babies wool felt over blanket

- Pure base oil for baby skin  
For example pure almond oil or calendula baby oil from Weleda



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- 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 its ergonomic.

*Please note that the products are available in the Netherlands, but these are some examples of products.*

