meet mytrax™ travel system

A tiny tour guide designed and engineered to drive in any mode, on any road

- Suitable from birth with flat reclining seat
- One hand flash fold mechanism located in seat
- Automatic fold lock
- Sands when folded
- Height adjustable handle
- 2 position adjustable leg rest
- UPF 50+ sun canopy
- Extendable hood with peekaboo viewing window
- Extra large, easy access shopping basket
- AT terrain foam filled rubber tyres
- Includes the new “iGemm” Car Seat with multi height headrest
- Car seat adapters included

Colour Shown - Pavement

bring the kids™ share the #joie
HELLO

and welcome to the 2019/2020 edition of the Baby Guide To Shopping. The purpose of this guide is to help ease the stressors of parenthood and to help keep you, as well as your little one happy and healthy.

OUR 7-POINT CHECK will help you to ensure that you are getting the best possible value by investing in products that will truly make a difference to your family. At Baby City, we know there is no one-size-fits-all model for parenting, and we take the time to help you find the products that will work best in your unique circumstances.

At Baby City every team member goes for regular product training, meaning that everybody is on the cutting edge of knowledge about the latest and greatest baby-related products on the market. When it comes to giving advice, our team has the background knowledge that they need to make a difference. For Baby City team members, their job isn’t just a job – it’s a passion.

We are all about babies! By focusing all of our attention on products for moms and babies, we are able to bring you some of the best value in the industry. In this catalogue, you’ll find some exciting new product ranges that have been introduced this year. We hope that you find that they will make life just a little bit easier for you and your family. You’ll see that there are QR codes next to some of our products – scan them to find out more about that product right away. A QR code consists of a square made up of smaller squares and blocks. Download a QR code reader app, scan the code and you’ll immediately get to watch a video that shows you that particular product in action.

HOW TO USE THIS GUIDE:
The Baby Guide to Shopping is divided into various sections to make it easy to find what you’re looking for. There’s a section for Mom, for Baby, as well as separate sections dedicated to the nursery, feeding, travel, home safety, playtime and care. The guide is also packed with interesting articles and tips to help you in the journey that you embark on when your family grows.

We hope you enjoy paging through this guide and that it will help you to choose what is best for you and your baby.

Love, The Baby City Team.

Everything you need from South Africa’s leading baby hyper.

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## Our Baby’s Checklist

### Baby Health and Safety
- Baby Teething Gel
- Baby Gum Massager
- Baby Teethers
- Baby Toothbrush & Toothpaste
- Baby Hairbrush & Comb Set
- Baby Nail Scissors
- Baby Thermometer
- Nasal Aspirator
- Medicine Dropper
- First Aid Kit
- Surgical Spirits
- Calpol/ Panado Syrup
- Cotton Wool & Ear buds
- Baby Laundry Detergent & Softener
- Baby Stain Remover
- Baby Sunblock
- Mosquito Repellents (seasonal)
- Mosquito Nets (seasonal)
- Baby Monitor
- Safety Gate (remember to measure your doorway/hallway)

### Nursery
- Camp Cot with Bassinet
- Co-Sleeper or Crib
- Mattress
- Mattress Protector
- Cot Net
- Fitted Sheets
- Flat Sheets
- Duvet Set
- Baby Blanket
- Sleep Wedge
- Cot Bumper & Cover
- Baby Mobile
- Swaddling Blanket
- Nursery Thermometer
- Night-light
- Chest of Drawers

### On the Go
- Travel System (suitable for newborns)
- Nappy Bag
- Baby Carrier/Sling
- Baby Car Seat
- Car Seat Base
- Baby View Car Mirror
- Car Window Shade
- Baby On Board Sign

### Clothing
- Vests
- Babygrows
- Jerseys
- Baby Tights/Leggings
- Sun hats

### Playtime
- Tummy Time Pillow/Play Mat
- Activity Gym
- Rocker
- Bouncer
- Swing
- Books
- Rattles and on-the-go Toys
- Multi-Textured Toys
- Lights & Sounds Toys

### Nursing and Feeding
- Pregnancy Support Belt
- Nursing Bras
- Feeding Shirt or Shawl
- Breast Pads
- Breast Soothers
- Nipple Cream
- Breastfeeding Support Pillow

### Bath and Hygiene
- Disposable/Cloth Diapers
- Baby Wipes
- Nappy Sacks
- Nappy Bin & Refills
- Nappy Cream
- Baby Bath Station
- Baby Bath Support
- Bath ring
- Non-Slip Bath Mat
- Bath Toys
- Shampoo Rinse Cup
- Bath Thermometer
- Baby Toiletries
- Facecloths
- Hooded Towels
- Kneeling Pad/Cushion
- Changing Mat

### Gift Registry Guide
This can be used as an excellent way to choose for your gift registry. When giving friends & family your gift registry number, let them know to let us have the number when purchasing. So we can tick off the item/s for you.
Packing your hospital bag

You should pack your bag in preparation for your little one’s arrival at the beginning of your third trimester. When packing, it’s important to not just pack the essentials for Baby – don’t forget all the things that you will need for yourself.

Birth plan and questions

Once you arrive at the hospital, it’s very likely that all those last-minute questions that you wanted to ask your doctor will be forgotten. Write down these questions ahead of time and have the list with you, together with a copy of your birth plan.

Clothes

It’s not just Baby who’s going to need something to wear over the next couple of days. You’ll get great comfort from having a pair of your own comfy pyjamas, as well as your own dressing gown and slippers. We recommend that you have 2-3 front-opening cotton sleep shirts or night dresses with you. Lastly, you’ll also need some day clothes for when it’s time to head home.

Underwear

Having some nursing bras, perhaps some sleeping bras too, can be convenient and add to your comfort. Pack a few pairs of spare underwear (more than you think you’re going to need) and add two packs of maternity sanitary towels as well as some breast pads. Don’t forget a pair of socks and a couple of hairbands too.

Toiletries

A toiletry bag, your makeup, tissues, a hairbrush and some lip balm are great things to have with you, especially when the visitors start arriving.

Books and magazines

Between feeds and naps, you may find that you have some quiet time. Books and magazines are a great way to pass the time.

Don’t forget Dad’s bag

Dad should be responsible for making sure that he has all the relevant documentation (such as ID cards and medical aid cards) with him. He should also have a change of clothes and toiletries for himself, as well as snacks, phone chargers and a car seat for the trip home.

Books & Magazines

□ Loose Leaf Books
□ Magazines

Underwear

□ Nursing Bras
□ Breast Soother
□ Feme Perineal Pad
□ Maternity Pads
□ Disposable Panties

Toiletries

□ Linen Savers
□ Stretch Mark Cream/Oil
□ Massage Oil
□ Hot Pack
□ Support Pillow
□ Toiletries
□ Hairbrush
□ Books & Magazines
□ Day Clothes
□ Baby Car Seat For Trip Home
□ Special Gift For Mom

Find us

Kwazulu-Natal
Springfield 031 263 0196/7/8
Umhlanga 031 566 1893/920
Westville 031 265 0135/6
PMB 033 342 8801/4
Hillcrest 031 7654900/12/13
Ballito 032 586 0580

Free State
Bloomfontein 051 430 2522/05
Limpopo 015 296 0710/2/4

Gauteng
Benmore 011 883 9574
Heathway 011 476 9797
Craighill 011 442 2920/30
Fourways 011 465 0454/416
Woodmead 011 802 8290/1
Kensington 011 615 2304
Alberton 011 907 4906
Northgate 011 794 8560
East Rand 011 823 2356
West Rand 011 475 0751/2
Vanderbijlpark 016 985 1027/8/9
Mall@Carnival 011 915 0330/4/6
Pretoria
Centurion 012 653 2363
Olympus 012 991 2277
Mall@55 012 656 2034
Kolonnade 012 548 5065/2689
Retail Park
Mpumalanga
Nelspruit 013 752 4360/1/2

North West
Klerksdorp 018 462 0930/2/7
Western Cape
Greenpoint 021 419 6040
Bellville 021 914 1444/5
Tokai 021 701 0804
Tableview 021 557 7532/7270
Sable Square 021 528 7570/1
Somerset West 021 851 2140
Eastern Cape
Port Elizabeth 041 368 1400/2

www.babycity.co.za

Facebook
Instagram
We focus solely on baby products that bring you spectacular everyday low prices, making sure you get value for money.

Versatility
We are a baby hyper, which means we have everything you need under one roof.

Age
We ensure that you find products which are appropriate for your child’s age, and that will grow with him/her as much as possible.

Longevity
We will help you find products that will serve your family for as long as they can, thereby lasting the test of time.

Flexibility
We will make sure that you find products and solutions that will meet your needs in as many ways as they possibly can.

Portability
We look at the way your family moves around, and will find the perfect product for you based on how you keep yourselves on the go.

Lifestyle
We will assist you in finding the product that best suits your lifestyle, whether you’re always on the go or prefer staying at home.

Value
We focus solely on baby products that bring you spectacular everyday low prices, making sure you get value for money.

EXTRA SERVICES OFFERED BY BABY CITY

Gift Registry for Baby Showers (Sponsored by Pampers). Visit your closest Baby City store and open a gift registry for your baby shower. Friends and family members can choose from your preselected list of items or spoil you with something else from our wide range of products.

The Baby City Website (www.babycity.co.za) View an assortment of our products, together with the features that make them great. You can even download and print a layette list, which is a list of all the essentials you’re going to need when you become a mom.

Monthly Newsletter While you’re on our website, you can also sign up for monthly newsletters – Monthly Gurgle and Peek-A-Boo – which provide helpful tips and relevant information for new parents.

SMS Birth Announcements Enter your details on our website and up to 50 of your family members and friends will receive a free SMS when your little bundle of joy arrives.

Product Specials Sign up for our mailing list and you’ll be among the first to know about any specials being offered at your nearest Baby City store.
They are forever cute & comfortable in our clothing

What do moms love about our baby clothes? The fact that they keep looking and feeling great after many washes. The adorable prints and patterns bring a load of cuteness to your baby's drawer. Stock up on as many outfits as you can – you’ll be amazed at how many outfits your little bundle of joy can go through.

Step-by-Step how to dress your baby

1. Make sure that Baby is well supported and comfortable on your lap.
2. Stretch out the neckline of the garment, and then pull it over Baby's head.
3. Make sure it doesn’t get caught on the face or his/her ears.
4. Once Baby has the garment around his/her neck, put your hand up a sleeve from the outside and guide the little arm through.

TIME TO UNDRESS

1. Make sure Baby’s head, neck and back are well supported.
2. Get his/her arms back through the sleeves, one by one.
3. Stretch the neckline out again before gently easing the garment back over Baby's head.

SHOPPING TIP

When you go shopping for baby clothes, always choose one size up from your little one’s actual age. Remember to dress your little one according to the season and make sure he/she doesn’t get too hot or too cold.
TAKING CARE OF MOM
If you are able to breastfeed, this is the most natural way to feed your little one during his or her first few months of life. It does more than provide sustenance and all the nutrients that Baby needs to thrive – it also helps to create strong bonds of love between you and your new bundle of joy.

**BODY DEVELOPMENT**
Did you know that breastfeeding plays a part in the development of the jaw and other body systems? It contains nutrients, especially in the very early days, that help your little one to develop a strong immune system, which will help him or her to fight off diseases throughout their childhood and adulthood.

**BENEFITS FOR MOM**
Over and above the numerous benefits that breastfeeding has for your baby, it also has benefits for you as a mom. Firstly, it’s cheap, convenient and always available. It has also been said to lower the risk of breast cancer and be a natural way to soothe your little one.

**START EARLY**
In ideal circumstances, you will be able to start breastfeeding within an hour of your baby being born. The first milk that you will feed your baby is called colostrum, which may be yellowish in colour. This is the most important breastmilk, as it’s packed with protein and antibodies that your baby needs to get a healthy start to life.

**SKIN TO SKIN AFTER BIRTH**
One of the most important things you can do immediately after the birth of your child is have him or her on your chest, skin to skin. Holding Baby on your chest, between your breasts, creates the perfect opportunity to allow his or her instincts to kick in. These instincts will lead your little one to your nipple, and you may well find that he or she starts suckling instinctively.

**GET COMFORTABLE**
When breastfeeding, make sure that you keep Baby’s neck and shoulders supported, but allow him or her to discover the best position from which to attach to your breast. You should be sitting comfortably, and focus on bringing Baby to your breast – not taking your breast to Baby.

**GOOD ATTACHMENT**
Signs that Baby is well-attached to your breast will be a wide-open mouth with a bottom lip that gets curled back. You should not experience any pain in your nipples over and above a pulling or stretching sensation as your body adjusts.

**STARTING A GREAT RELATIONSHIP**
Breastfeeding should be a magical experience for you and your little one. It lays the foundation for a close relationship between the two of you in years to come and provides the healthiest possible start to life for the newest member of your family.
Is it possible to get a comfortable sleep while pregnant?

It is important to get a good night’s sleep during your pregnancy to have enough energy to cope with the demands of each day. Investing in a supportive pregnancy pillow can help you get comfortable to get the rest you need.

- The best sleep position is the “SOS” position – Sleep on Side. Sleeping on your left side is best as it increases the amount of blood and nutrients that reach the placenta and your baby.
- Keep your hips and knees gently bent with a pillow between your knees, this helps to keep your pelvis aligned and reduces the pull on your lower back.
- Propping yourself up with extra pillows to sleep at a 30°+ angle helps to reduce the discomfort of heartburn and improves your lung capacity for overall improved quality sleep.

**BODY COMFORT PILLOW**

- Provides perfect support during pregnancy where you need it most.
- Total support for your back, hips and tummy as your body changes.
- Helps relieve lower back and SIJ discomfort.
#1016953

**PREGGY ROLL**

- Take time out to relax during your pregnancy.
- Supports back and tummy for a comfortable night’s sleep.
- Removable cover.
- Great support for breastfeeding.
#1003013
**SNUGGLE PILLOW**
- Contoured design to support baby close to your body.
- Padded for comfort and support.
- Removable zip-off cover.
  #1003079

**PLUSH BUBBLE SNUGGLE PILLOW**
- Padded for comfort and support.
- Luxurious soft-textured fabric.
  #1027500

**PLUSH CHARACTER SNUGGLE PILLOW**
- Padded for comfort and support.
- Luxurious removable cover.
- Fun characters baby will love.
  #1027501

**MATERNITY PILLOW**
- Full length support from head to toe.
- Provides comfort and support for a restful night's sleep.
- Removable cover.
- Size: 140cm x 40cm.
  #1017365
Carriwell specializes in uniquely designed products suited to a women’s changing shape and needs through pregnancy and beyond. They offer extreme comfort and convenience whilst still allowing you to feel femininely beautiful.

**Seamless Padded Nursing Bra**
- Black or white. Entire cup exposed, maximising skin-to-skin contact.
- The light removable moulded cups help shape and support your breasts.
- Removable moulded foam cups.
#1021203

**Seamless Light Support Maternity Panty**
- Black, white and navy in pack.
- 100% cotton.
- Each pack contains 3 different sized belts for various stages of your pregnancy.
#1000398

**Expand-a-Belt**
- Black or white.
- Light under-tummy and lower-back support, to gently support your abdomen and relieve pressure on your back and abdomen.
#1000483

**Belly Binder**
- Naturally encourages your stomach to return to its original shape.
- After a long pregnancy, we all want to shrink our waist and belly as quickly as possible.
- Adjustable organic cotton.
#1017835

**Seamless Post Birth Reshape Panty**
- Comfortable shaping pants designed for post-birth tummy control and back support.
- Velvety soft and sleek breathable microfibre fabric.
- Can be used post C Section – breathable fabric.
#1019245

**Seamless Preggy Belly Bando**
- Black or white.
- Light support in a unique soft and seamless fabric.
- Covers unbumtpioned pants, skirts and shorts, allowing you to wear your normal clothes throughout your pregnancy.
#1020053

**Seamless Adj Ustable Overbelly Support Belt**
- Black or white.
- Pregnancy should not be about back pain.
- This comfortable and easy-to-adjust support belt provides support and immediate relief for pregnancy-induced backache.
#1024362

**Seamless Drop Cup Nursing Bra**
- Black or white.
- Innovative side panels allow for growth.
- Suitable for everyday wear and as a sleep bra.
- No irritating seams or stiff underwear.
#1000476

**Lace Feeding Bra**
- Black or white.
- No irritating seams or stiff underwear.
- Complimentary bra extender adds to adjustability.
- 1-handed release clasp for nursing.
#1011505

**Seamless Maternity Bra**
- Black or white.
- Designed for the needs of moms-to-be to fit in all 3 trimesters.
- Comfortable, flexible and supportive.
#1000479

**Seamless Maternity Support Panty**
- Black or white.
- Cotton gusset for comfort and hygiene.
- Generous leg openings to maximise comfort.
- Seamless stretchy design is invisible under clothing.
- Post-birth tummy control and back support.
#1008631

**Seamless Adj Ustable Nursing Bra**
- Black or white.
- No irritating seams or stiff underwear.
- Complimentary bra extender adds to adjustability.
- Ideal for day or night use.
#1000440

**Seamless Gelwire Nursing Bra**
- Seamless, silky soft and breathable microfibre.
- Unique, flexible gelwire supports breasts in absolute comfort.
- Grey Polka – The healthiest, most supportive nursing bra ever made.
#1025131

**Seamless Maternity Support Band**
- White only.
- Warmth and support for the lower back by means of special fabric constructions which relieve pressure on the lower back and abdomen.
#1000487
**MOM**

**MATERNITY PADS**
- Total confidence and absolute protection.
  #1000436

**FEMÉ PAD**
- Once Femé Pad® is applied directly to the affected area, it has the ability to stop the unpleasant throbbing pain often experienced after childbirth.
- Also relieves haemorrhoids.
  #1000438

**LINEN SAVERS**
- Strong, super absorbent Linen Savers.
- Linen Savers afford maximum protection by forming a moisture barrier between skin and bedding.
  #1000435

**MATERNITY HOSPITAL PANTS**
- Designed especially to hold post-birth maternity pads securely in place.
- The light, soft fabric is perfectly suited for Caesarean recuperation as it allows scars to breathe.
  #1000407

**SOFT TOUCH WASHABLE BREAST PADS**
- The perfect way to keep your nursing breasts dry.
- Soft flannel allows for quick absorption of milk leakage to keep your nipples dry, which reduces the risk of cracked nipples.
  #1000434

**BREAST SOOTHER**
- The soft and flexible Breast Soother® reduces swelling and soothes painful and sensitive breasts.
- Natural, safe pain relief through warm or cooling therapy.
  #1000437

**LINEN SAVERS**
- Waterproof and ideal for changing baby

**BABY CHANGING MATS**
- Disposable, absorbent, waterproof and ideal for changing baby at home or away.
  #1021743

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**BELLY BAND**
- Support: elasticated support for added comfort during pregnancy.
- Antibacterial and healing: Silver eliminates 99.9% of bacteria. Prevents odour and aids healing after C-section.
  #1023761/2/3

**SNUGGLEROO NURSING BRA**
- Antibacterial: eliminates infections, thrush and odour-causing bacteria.
- Healing: prevents and heals sore, cracked nipples.
- Italian Design: double layer wire-free support and comfort.
  #1026730/1/2
Womb to the world

Carrying your baby chest-to-chest in a soft baby carrier is the best quality time that you can spend with your baby. All the healthy sensations required for your baby’s development are provided on your chest.

- Promotes bonding and trust
- Stimulates brain development
- Improves digestion and overall sleep

A soft baby carrier imitates the tight hug of the womb which has both physical and emotional benefits for your baby through the calm sense of safety and security it creates.

BABY CARRIER — FULLY ADJUSTABLE

- Sips on like a shirt.
- Easy to use.
- Adjustable for the perfect fit every time.
- Hugging baby close to you in a gentle baby carrier is the best quality time you can spend with your baby.

#1027605 Grey
#1027407 Black
#1027408 Natural

SNUGGLEDOO NURTURE SHIRT

- Comfortable shirt design.
- Hugs baby close to you.
- Fully adjustable for the perfect fit every time.
- Available in S/M/L.
- Available in black and stone.

#1023380/1/2/3/4/5
3 IN 1 TRAVEL COVER
• Can be used as a baby seat cover, feeding shawl and fashionable scarf.
• Made of luxuriously soft, lightweight stretch fabric.
• Universal fit.
#1028938

3 IN 1 FEEDING SCARF
• Lightweight and comfortable feeding scarf to discreetly feed baby.
• Generous neck opening to view and interact with baby.
• Doubles up as fashionable scarf or stylish poncho.
#1026729
A sling or wrap carrier is a wonderful tool for soothing niggly babies by imitating the world of the womb!

BABY WRAP CARRIER
- Our Baby Wrap is made of a light 100% cotton fabric, more suited to warmer climates.
- Fully adjustable, ensuring a perfect fit every time.
- The tapered ends make wrapping easier.

BABY SLING CARRIER
- The 100% cotton Baby Sense Sling is a hands-free versatile carrier, adjustable for all sizes and 5 positions.
- Offers the wearer the ability to keep baby close while going about their day-to-day tasks.

MOM & BABY HANDBAGS
- Finally, a chic handbag for mom and baby that’s every bit as stylish as you.
- 7 inner pockets, 5 elasticated and 1 zipped for valuables with double-zipped top closure.

APRON NURSING COVER
- The neckline is made with a flexible material that maintains a bowed shape that creates a viewing window and allows for airflow.
- The built-in pouch will allow you to store extras, such as pacifiers or breast pads.
- 100% cotton.

RYCO 4-IN-1 BABY CARRIER
- Breathable fabric for extra comfort.
- 1-hand release clip.

3 POSITION BABY CARRIER
- For use from birth to 8 months.
- Opens flat to easily remove baby for bedtime and changing.
- Gently supports baby’s head and neck.
- Straps adjust easily for the perfect fit.

2 POSITION BABY CARRIER
- Breathable fabric for extra comfort.
- 1-hand release clip.
NURSERY ORGANISER
- Easily move baby’s essentials from room to room.
- Large compartments for nappies, wipes, creams and other must-haves.
- Wipe-clean, water-resistant lining.

#1026555

OXFORD BACKPACK
#1028967

STYLISH NAPPY BAGS
- Multiple compartments for all baby’s essentials.
- Easy-access exterior pockets.
- Includes nappy change mat and transparent wet bag.

#1027506 New York Nights
#1027614 Chicago Jazz

CHICAGO JAZZ
#1027614

NEW YORK NIGHTS
#1027506

MANHATTAN MUSE
#1027616

MIAMI CHIC
#1027615

CAMBRIDGE CLASSIC
#1028966

CLASSIC GREY
#1026552
MOM

**RYCO DIAPER BAGS**
- Easy-access large main compartment with adjustable shoulder straps.
- New internal insulated bottle holder and hygienic pacifier pocket.
- Polyethylene-lined base for hygiene.
- Rear pocket for documents and a PVC pouch for dirty wipes.
- Change mat with closed cell foam for extra comfort.

**DELUXE MESSENGER**
- #1020111 Red
- #1028658 Grey

**WILLOW**
- #1022459 Grey

**SORRENTO**
- #1028657 Black

**PALMER’S COCOA BUTTER FORMULA**
- **MASSAGE LOTION FOR STRETCH MARKS**
  - A unique formulation that firms, tightens and tones skin after pregnancy.
  - Deeply moisturising and nourishing.
  - Apply all over body especially thighs, tummy, butt and buttocks.
  - #1007687
- **MASSAGE CREAM FOR STRETCH MARKS**
  - A rich concentrated cream for the extra care of stretch marks.
  - Massage into problem areas including tummy, thighs and breasts.
  - Use twice daily from mid to late pregnancy.
  - #1000368
- **FIRMING BUTTER**
  - #1007687

**MOTHER AND BABY SCALE**
- First of its kind in the world.
- Can be used as a normal scale.
- Large LCD display.
- Made from tempered glass.
- Auto zero and auto off.
- #1019511

**PALMER’S COCOA BUTTER FORMULA TUMMY BUTTER FOR STRETCH MARKS**
- An intensive treatment to reduce stretch marks on an expanding belly.
- Butter enriched with lavender oil promotes relaxation and sleep.
- Use before bedtime after applying lotion.
- #1000379

**Elektra™ health+**
- Weigh Baby while in your arms

**BY BAMBINO**
- The hyper store that brings you more
NATURAL TWIN ELECTRIC BREAST PUMP
• Unique, natural expressing position.
• Works quickly by allowing you to pump simultaneously from both breasts at the same time.
#1025816

NATURAL ELECTRIC BREAST PUMP
• Sit in comfortable position.
• 3 expressing settings and 1 stimulation mode.
• Compact lightweight design.
• Easy cleaning.
• Easy operation at the touch of a button.
#1021365

NATURAL MANUAL BREAST PUMP
• Unique, natural expressing position.
• Clinically proven to be effective.
• Effortless expressing.
#1020874

MICROWAVE STERILISER BAGS
• Microwave steam sterilising ready in 90 seconds.
• Safe handling zone for safe pick up from the microwave.
• Up to 100 microwave steam sterilising uses per pack.
#1025576

FAST BOTTLE WARMER
• Fast and safe way to warm expressed milk and baby food.
• Warms 125ml milk at room temperature in around 4 minutes.
#1023203

MICROWAVE STERILISER
• Compact design makes it ideal for travel.
• Sterilises bottles in as little as 2 minutes.
• Contents remain sterile for up to 24 hours if unopened.
#1000797

3 IN 1 DIGITAL STERILISER
• Easiest way to sterilise.
• Adjustable size means it takes up the least amount of space, yet fits everything you want to sterilise.
#1025817
MOM

Did You Know?
Breastmilk can help your baby avoid developing health complications later in life. These include: obesity, childhood leukaemia, SIDS (sudden infant death syndrome), childhood asthma and more.

**MEDELA CITYSTYLE BREASTPUMP COOLER BAG**
- A safe and easy way to transport breast milk.
- An elegant and stylish accessory to use whilst breastfeeding.
- Enough space for your pump, breast milk and accessories.
  #1005672

**MEDELA HARMONY MANUAL BREASTPUMP**
- Light and discreet.
- Assembly is intuitive and the pump has an ergonomic twist handle.
- Features 2-phase expression technology.
  #1026778

**MEDELA MINI ELECTRIC BREASTPUMP**
- Tubeless.
- Compact: small motor unit, can be operated with 1 hand.
- Just 5 parts to deal with: easy to put together, take apart and clean.
  #1005657

**MEDELA SWING ELECTRIC BREASTPUMP**
- 2-phase expression technology mimics baby’s sucking.
- Small, compact and light: fits into a handbag and can be battery operated.
- Powerful little motor and a fitted breast shield.
  #1005654

**MEDELA SWING MAXI BREASTPUMP**
- Double pumping with 2-phase expression technology.
- Saves up to 2 hours a day when exclusively pumping.
- Small and portable.
- Easy-to-use pump interface with 4 buttons.
  #1020180

**MEDELA FREESTYLE ELECTRIC BREASTPUMP**
- Small size and rechargeable battery allow portable pumping.
- Easy interaction with digital display, memory, timer and backlight.
- 2-phase expression technology and double pumping.
  #1011635

**EASY EXPRESSION BUSTIER**
- Hands-free breast milk pumping.
- An excellent complement to a double electric breast pump.
- Stretchy and comfortable to wear.
- Available in 3 different sizes.
  * Pump not included.
  #102862&778

LG<RX.QRZ”%
developing health complications later in life. These include: obesity, childhood leukaemia, SIDS (sudden infant death syndrome), childhood asthma and more.
Trained staff to help you

MOM

MEDELA DISPOSABLE NURSING PADS
- Soft, snug-fitting silicone back feels comfortable.
- Ventilation holes allow the skin to breathe, promoting healing.
- Can be worn all day between breastfeeds.
#1005661

MEDELA CONTACT NIPPLE SHIELD
- Enables breastfeeding when latching on is difficult or painful or if you have flat or inverted nipples.
- Safe and taste-free for your baby.
- Comfortable – ultra thin, soft silicone.
#1015906/7/8

MEDELA QUICK CLEAN MICRO-STEAM BAGS
- Safe and reliable steam treatment.
- Eliminates 99.9 % of common bacteria and germs.
- Re-usable: each bag can be used 20 times.
- Small and easy to store.
- BPA free.
#1006990

PURELAN 100 LANOLIN CREAM
- 100% ultra-pure and natural medical-grade lanolin.
- Helps correct skin’s moisture balance.
- Free from parabens, additives, preservatives and fragrances.
- Hypoallergenic.
#1012102/3

MEDELA DISPOSABLE NURSING PADS
- Gentle on sensitive skin.
- Ultra-absorbent polymer core distributes moisture evenly and locks it in.
- Waterproof outer layer protects clothes.
- Shaped to fit your breast.
#1023764

MEDELA CONTACT NIPPLE SHIELD
- Ventilation holes allow the skin to breathe, promoting healing.
- Can be worn all day between breastfeeds.
#1005661

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#1006990

Did You Know?
- Moms who breastfeed their babies stand less chance of developing breast cancer, heart disease, ovarian cancer, post partum depression and other complications.
- Breastfeeding can burn between 500-600 calories per day! Burn off that pregnancy weight the easy way.
- Breastmilk is actually a living substance. It contain live cells within it, including stem cells which go on to grow into other bodily cells.
- Breastmilk also contains white blood cells and antibodies. These will help your baby fight off infections.
- Breastmilk will constantly change to suit the developmental needs of your baby.
Breastfeeding is the most natural way to feed your baby. It provides all the nutrition your baby needs, satisfies their hunger and thirst, and helps to create a loving bond between you and your baby.

Pigeon’s extensive range of breastfeeding products have been researched and designed to assist you in achieving a successful breastfeeding experience while supporting your breastfeeding journey.

MANUAL BREASTPUMP

- Soft Comfort Properfit™.
- Stimulation and expression modes for stress-free pumping.
- Ergonomic handle for easy-expression pumping.
- Quiet, compact and lightweight for discreet pumping.
- Easy to assemble, use and clean.
- No backflow feature and includes bottle stand to prevent spills.

#1023506

ELECTRIC BREASTPUMP

- Soft Comfort Properfit™.
- Adjustable suction levels to maximise milk production and comfort.
- Customise the pumping style to your level of comfort.
- Hygienic design to prevent milk from flowing back to the funnel.
- Includes stand for securing bottle to prevent spills.
- Mains or battery-operated.

#1023507
**Trained staff to help you**

**BREASTMILK STORAGE BAGS**
- For safe freezing and storing of breastmilk.
- Secure, leak-proof double zipper seal.
- Gusseted bottom allows for expansion.
- Pre-sterilised.
- Easy to dispense.
- Convenient write-on tab.
- Each bag stores 180ml of breastmilk.
- Safely stores breastmilk for up to 6 months.

#1027875

**NIPPLE CREAM 50g**
- Soothes and protects sore nipples and cracked skin.
- 100% natural and hypoallergenic.
- 100% pure Lanolin.
- Safe for baby – relief for mom.
- No need to remove before breastfeeding.
- No taste, colour or smell.

#1027877

**BREASTMILK STORAGE BOTTLES**
- 160ml storage bottles.
- Convenient for expressing your milk with either the Pigeon Manual or Battery/Electric Breast Pumps.
- Ideal for storing your breastmilk in the fridge or freezer.
- Compatible to use with other Pigeon products.

#1025227

**BREASTPADS 36s and 60s**
- Super absorbent – each pad absorbs 20x its weight.
- Keeps you and your clothing dry – day and night.
- Quilted honeycomb lining traps excess milk quickly and evenly.
- Non-slip adhesive tapes secure pad in place.

#1023508 36s
#1023509 60s

**NIPPLE PULLER**
- Gently draws out the nipple for baby to nurse.
- Can also be used before feeding to stimulate the mammary glands.
- Can only be used during pregnancy before 16 weeks and only after the completion of 37 weeks.

#1003899

**NATURAL-FIT NIPPLE SHIELD 2-PIECE**
- Protects nipple and minimises pain from sore or cracked nipples.
- Enables mothers with inverted or flat nipples to breastfeed their babies.
- Helps to prevent baby from ‘gulping’ milk.

#1003927

**BREAST CARE PUMP**
- For expressing milk before or after feeds.
- Ideal for when the let-down reflex is too strong.
- Plastic shield fits naturally to the breast.
- Automatic suck/release pumping action.
- Milk expressed with this pump cannot be used to feed the baby.

#101344

**BREASTMILK COOLER BAG**
- Convenient bags for working mothers.
- Spacious – fits 1 breast pump plus 5 breastmilk storage bottles.
- Keeps cool for up to 12 hours.
- With removable cooling panels and adjustable strap.

#1011485
You have everything your baby needs.

The new NUK Electric Breast Pumps. As flexible and efficient as never before.

There are a thousand rules for mothers. We think you need your own particular ones. Because, no matter your lifestyle, you know what’s best for your baby. Your breast milk, for example: it is the most precious thing you can give your child.

Find your own rhythm
Four suction rhythms and four suction strengths can be combined in any way you choose. You can even save your own favourite setting with the memory button.

Powerful performance, gentle expressing
The powerful motor allows the electric breast pump to express a lot of milk in a short time, while still being very gentle to the breast thanks to the soft silicone cushion.

Anytime and anywhere
Despite its powerful performance, the handy breast pump is small and compact. The NUK Nature Sense Electric Breast Pump includes an integrated rechargeable battery that is convenient for when you are out and about and lasts long enough for you to express three times. The NUK First Choice+ Electric Breast Pump can be used with a powerbank (not included).

www.nuk.co.za

NUK. The Orthodontists’ Choice
Trained staff to help you

Everything you need for your parenting journey.
What is Nappy Rash?
Nappy rash refers to a diffuse rash on the area of skin that is covered by the nappy. Nappy rash is a very common condition. It is seldom harmful and provided the cause is recognised and treated correctly, it is also easy to manage at home. At least 1 in every 2 infants will suffer from nappy rash at some stage. Some babies will suffer repeatedly from nappy rash and others may only develop the rash once or twice.

What causes Nappy Rash?
A nappy rash can usually be attributed to a combination of factors.

Moisture: Young babies urinate frequently and their stool is often soft. This combined with infrequent nappy changes results in prolonged exposure to moisture.

Irritation: Ammonia from the urine, soaps, creams and powders, residual chemicals on washed nappies

Friction: The baby’s skin is very delicate and constant friction against the nappy can cause chafing. This, combined with moisture and exposure to irritants, causes an uncomfortable rash.

Infection: If there is no improvement in the rash within 5 days after implementing corrective measures and treatment, then consider an infection as a cause.

Signs and Symptoms:
- Red rash that is usually well demarcated and raw.
- Skin erosion and scaling may occur.
- Itching and stinging may occur.

Consult your doctor if the following signs or symptoms appear:
- Bright red, well demarcated rash.
- Extends to the folds of the skin and presents with tiny, white pustules.
- Skin is warm to touch.
- Fever.

Advice and Management of Nappy Rash:
- Remember that the damaged and raw skin is very sensitive. Soaps and other chemicals are therefore likely to sting the affected area.
- Wash with warm water and soft cotton wool.
- If soap is required, then make sure that it is not an irritant.
- Ensure that the baby’s bottom is dried properly before putting on the new nappy.
- Gently dab the area dry using a soft towel or cotton wool.
- Areas where the damaged or raw skin is exposed to bacterial infection, it is important to keep these areas clean and apply a gentle antiseptic cream if necessary.
- Prevent prolonged exposure to wetness and irritants by changing the diapers frequently.
- It is also important to expose the skin to fresh air. Leave the diaper off as often as possible and for as long as possible. Remember that a baby’s skin is very delicate and will burn easily under the harsh South African sun. Don’t let the baby crawl around uncovered outside between 10am and 4pm.
- The application of a barrier cream, Bennetts Baby Bum Crème, on the skin before putting on the diaper helps to reduce contact with the irritants found in the urine and faeces.
- Don’t fasten the nappy too tight.
- Babies with diarrhoea are more likely to develop a nappy rash and should therefore have their nappies changed more often.
BABY CARE

BABY MOISTURISING CREAM
- Ideal for daily use on sensitive skin.
- Can be used as a soap substitute.
- Approved by the Allergy Foundation of South Africa.

#1026288 500ml
#1026289 150ml

BUM BUDDY
- Makes nappy changing that much easier.
- Contains Bennetts Baby Bum Creme and Bennetts Baby Wipes.

#1020373

BABY BUM CREME
- Soothes and protects baby’s bum.
- Ideal for use on sensitive skin.

#1001244 300g
#1001235 150g

BABY MOISTURISING CREAM
- Clinically proven to moisturise.

#1027005

BATH & MASSAGE DROPS
- Ideal for sensitive skin and eczema.
- Fragrance and colour-free.

#1001242

HAIR & BODY WASH
- Soothes and protects baby’s skin.

#1027003

HAIR & BODY WASH
- Soothes and protects baby’s skin.

#1027003

BUM BUDDY
- Makes nappy changing that much easier.
- Contains Bennetts Baby Bum Creme and Bennetts Baby Wipes.

#1020373

Baby Sebamed was developed in co-operation with skin and paediatric clinics for the specific needs of babies’ skin and is dermatologically tested for compatibility. All Baby Sebamed products are formulated with a pH value of 5.5 to promote the development of baby skin’s Acid Mantle and stabilise its pH value.
**BABY CARE**

**Bringing more choices to moms**

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**XERODERM SPF 40 SUNSCREEN**
- High SPF sunscreen.
- Protects against UVA and UVB rays.
- Non-greasy.
- Fragrance and colour-free.
- Safe for young babies and children.
- Gentle on sensitive skin.
#1022341

**SUDOCREM CARE & PROTECT**
- Sudocrem Care and Protect cream helps to stop nappy rash occurring.
- Helps care for your baby’s skin, provides a protective barrier, conditions skin and guards against infection.
- Available in 100g.
#1028705

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**EPIZONE A CREAM**
- All-over moisturising cream.
- Can be used as a soap alternative.
- Non-greasy.
- Fragrance and colour-free.
- Suitable from birth.
- Hypoallergenic.
#1022340

**EPIZONE E OINTMENT**
- Bath emollient and soap alternative.
- Fragrance and colour-free.
- Treatment for dry skin eg eczema.
- Safe on newborn skin.
- Gentle on sensitive skin.
#1022339

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**Sudocrem has been mom’s simple effective ally for over 80 years.**

It’s the very best at helping to soothe sore skin and treat nappy rash.

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**SUDOCREM TUB**
- Sudocrem is versatile enough to be used by the whole family.
- Can ease and calm sensitive skin caused by skin concerns and rashes.
- Available in 40g, 125g, 250g and 400g tubs.
#1008589/90 / #1020265 / #1027641
BABY CARE

**PURITY & Elizabeth Anne’s**

**SOAPS**
- Mild Baby Soap and Aqueous Soap.
- pH perfect formulations.
- Gently cleanse without drying baby’s skin.
- Available in 100g and 175g.

**PETROLEUM JELLY**
- Moisturises, softens and protects delicate skin.
- Helps protect baby’s skin against dampness and friction.
- Available in 50ml, 100ml, 250ml, 325ml and 450ml.

**BABY POWDER**
- Helps prevent chafing.
- Cornstarch Powder:
  - Hyper absorbent.
  - Contains zinc oxide which helps to neutralise odours and is an antibacterial agent that helps prevent infection.

**BABY OILS**
- Softens, conditions and moisturises baby’s skin.
- Easily absorbed and helps prevent chafing.
- Avocado Hair Oil is enriched with pro-vitamin B5 to moisturise hair and scalp.

**GOOD NIGHTS RANGE**
- Mild and gentle with added benefits of soothing and calming ingredients such as chamomile, lavender, tea tree oil and moisturising almond oil.
- Range consists of: Aqueous Cream, Creamy Petroleum Jelly, Oil Gel, Oil Lotion, Soap, Body Wash & Shampoo, Cornstarch Powder and Head-to-Toe Wash.

**FRESH RANGE**
- A new range with a soft fresh fragrance that mom and baby will love.
- Bulk sizes suitable for baby and family.
- Range consists of: pH balanced Aqueous Soap, Baby Powder with soothing chamomile, Detangling Shampoo and Head-to-Toe Wash that is gentle on eyes.

**FRAGRANCE FREE RANGE**
- Mild and gentle range suitable for sensitive skin.
- Does not contain any fragrance or colourants.
- Range consists of: Aqueous Cream, Petroleum Jelly, Lotion and Body Wash.

**BABY SHAMPOOS**
- Gentle formulations that won’t burn eyes or irritate skin.
- Suitable for newborns and young babies.
- Special shampoo has a soap-free formulation suitable as a shampoo or head-to-toe wash.
- Foaming shampoo contains Biobrani to cleanse and condition.

**AQUEOUS CREAMS AND LOTIONS**
- Softens, protects and moisturises baby’s skin.
- Non-greasy and easily absorbed.
- Cream available in 30ml, 100ml, 250ml, 325ml and 450ml.
- Lotion available in 125ml, 200ml pump and 500ml pump.
BABY LAUNDRY RANGE
- A range specially developed for baby’s sensitive skin.
- Consultant dermatologist and paediatrician approved.
- Colourant and chlorine-free, suitable to use from birth.
- Suitable for both machine and hand-washing.
- The Laundry Wash gently cleans and softens fabrics with a natural rose fragrance which is suitable for baby’s delicate skin.
- The Fabric Conditioner with a natural rose fragrance gently protects and cares for baby’s delicate fabrics.
- The unique roll-on stain remover allows for easy application to smaller garments and less wastage.

#1016204/5 / #1024581

NEW BUM RANGE
Introducing PURITY & Elizabeth Anne’s New Bum Range with zinc oxide – it is the easiest way to protect your baby’s bum from nappy rash.
- Suitable for babies from birth.
- Soothes and protects from nappy rash.
- Enriched with zinc oxide, an antibacterial agent preventing infection.
- Consultant Dermatologist and Paediatrician approved.

#1027533/4/5

DISINFECTING RANGE
- Specially formulated to kill up to 99.9% of germs and safeguard baby’s environment.
- Chlorine and colourant-free with no bad taste for the baby.
- Specially formulated to be safe and non-toxic for the baby with no irritations to skin, eyes or respiratory system.
- Available in 400ml and 800ml.
- Consultant dermatologist and paediatrician approved.

#1021818/9

INSECT REPELLENT RANGE
- Suitable for babies from 6 months, SABS and Consultant Dermatologist approved.
- Gentle and safe – DEET free.
- Protects against mosquitoes, flies, fleas and ticks.
- Available in 125ml spray and 50ml cream.

#1024584/5
BABY CARE

SKINCARE RANGE WITH JOJ OBA & CHAMOMILE
- Nourishes baby’s skin – keeping it silky soft and delicately fragranced.
- Suitable for babies with sensitive skin.
- Hypoallergenic.

BABY LIQUID SOAP
- Extra mild and gentle.
#1003980

BABY SHAMPOO 200ml / 700ml
- Prevents cradle cap.
#1003978 200ml
#1028751 700ml

BABY WASH 2IN1 700ml
- Combination of shampoo and liquid soap.
- Gently cleans baby’s hair and sensitive scalp and body.
- Prevents cradle cap.
#1028752

BABY OIL 200ml
- Moisturises and nourishes.
#1003979

BABY POWDER 200g
- Protects baby’s delicate skin against irritation and rashes.
#1003992

BABY SOAP WITH CASE
#1003982

BABY TRANSPARENT SOAP
#1003983

BABY TOILETRY COMBO PACK
- Contains 50ml bottles plus a bar of soap.
- Ideal for travelling.
#1003995
BABY CARE

RICH MOISTURE BABY BAR
- Gentler and more nourishing than ordinary baby soap bars.
- With 1/4 moisturising cream.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026469

RICH MOISTURE BABY PETROLEUM JELLY
- Locks in moisture.
- Provides protection from wetness.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026479 100ml
#1026480 250ml

RICH MOISTURE BABY SHAMPOO
- Helps keep baby’s hair and scalp moisturised.
- Tear-free and ophthalmologist tested.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026474 200ml
#1026475 400ml

RICH MOISTURE HEAD TO TOE WASH
- Helps retain your baby’s natural skin moisture all day.
- Tear-free and ophthalmologist-tested.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026470 200ml
#1026472 400ml

RICH MOISTURE WIPES
- As gentle as water and 0% alcohol.
- Provides instant moisturisation.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026482

RICH MOISTURE LOTION
- As gentle as water and 0% alcohol.
- Provides instant moisturisation.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026476

RICH MOISTURE NAPPY CREAM
- Neutralises pH in seconds and immediately protects from nappy rash irritation.
- Instant comfort.
- Created with no parabens or phthalates.
- Dermatologist and paediatrician tested.
#1026478

SENSITIVE MOISTURE WIPES FRAGRANCE FREE
- As gentle as water and 0% alcohol.
- Provides instant moisturisation.
- Suitable for babies who may be prone to eczema.
- Created with no parabens or phthalates.
#1026481

SENSITIVE MOISTURE LOTION FRAGRANCE FREE
- Gently moisturises for 24 hours.
- Soothes dry skin from the first use.
- Dermatologist and paediatrician tested.
- Created with no parabens or phthalates.
#1026477

SENSITIVE MOISTURE HEAD TO TOE WASH FRAGRANCE FREE
- Helps retain your baby’s natural skin moisture all day.
- Tear-free and ophthalmologist tested.
- Suitable for babies who may be prone to eczema.
- Created with no parabens or phthalates.
#1026471 200ml
#1026473 400ml
BABY CARE

BERRY TOOTHPASTE FLUORIDE FREE
• Also available in Vanilla Mint.
#1020366 #1023047

PROBIOTIC BABY SENSITIVE CREAM
• Ultra gentle for the most sensitive skins.
• Lactobacillus ferment – probiotic.
#1025734 250ml Body Cream
#1025737 200ml Body Wash

BABY & KIDS SENSITIVE SUN MILK
• SPF 50+.
• Water resistant.
• 100% natural mineral filters.
#1027354

BABY & KIDS SENSITIVE WASH & SHAMPOO
• Mild, gentle all-in-1 baby wash and shampoo that won’t strip the skin of natural oils.
#1020362 200ml
#1024683 500ml

BABY & KIDS SENSITIVE BODY CREAM
• With organic coconut oil and organic shea butter – naturally moisturising and rich in essential skin-balancing vitamins.
#1020363

BABY & KIDS INSECT REPELLENT STICK & SPRAY
• Contains a blend of moisturising and calming ingredients to nurture and protect delicate baby skin.
#1025735

BIO DEGRADABLE BABY WIPES
• Organic aloe extract – soothes, calms and gently cleans.
• Natural plant fibre – extra soft and gentle on baby’s skin.
• No harsh chemicals, surfactants or toxins.
#1024684 Single pack 64’s
#1026485 Three pack 3 x 64’s

BABY BUM CREAM
• Organic baobab fruit extract - helps to soothe and moisturise.
• Organic coconut oil and organic shea butter – naturally moisturising and rich in essential skin-balancing vitamins.
#1020364

BABY BUM SPRAY
• Deet-free – safe to use on babies and kids.
• Contains citronella, lemon eucalyptus, neem and lemon bush.
#1025738 100ml Spray
#1021429 25ml Stick

BABY & KIDS MASSAGE BATH OIL
• Contains a blend of moisturising and calming oils to nurture and protect delicate baby skin.
#1025735

BABY & KIDS SOOTHING POUCH
• Certified Organic with Ecocert • Free from Parabens, Petrochemicals, Sulphated Surfactants, Synthetic Fragrances and Colours. Not Tested on Animals and Endorsed by Beauty Without Cruelty.
• No Animal Products and Vegan Accredited • Fair Trade Ingredients • BPA Free

Certified Organic with Ecocert • Free from Parabens, Petrochemicals, Sulphated Surfactants, Synthetic Fragrances and Colours. Not Tested on Animals and Endorsed by Beauty Without Cruelty.
• No Animal Products and Vegan Accredited • Fair Trade Ingredients • BPA Free

Quality products at everyday low prices
BABY SHAMPOO UNFRAGRANCED
- Mild enough to use on the tiniest of heads to clear away dead skin and grime without irritation.
- Even bodies with very little hair need their scalps washed.
#1028397

BABY WASH UNFRAGRANCED
- Cleans and moisturises baby’s skin from the very early months and beyond.
- Using natural cleansers, it removes dirt gently and effectively, leaving nothing but nourished and hydrated skin.
#1028398

BABY BEDTIME BUBBLES ORGANIC TANGERINE
- Mild foaming bubble bath fragranced with organic tangerine oil.
- Designed to clean and moisturise all skin types.
- Use in every bath for happy skin and relaxing bath times.
#1028399

CONDITIONER WITH STRAWBERRY & ORGANIC MINT
- This conditioner with strawberry and organic mint detangles and liven up baby’s youthful locks.
- The formula is fit for use on sensitive or eczema-prone skin and is dermatologist and paediatrician-approved.
#1028399

HAIR DETANGLER GRAPEFRUIT AND ORGANIC TEA TREE OIL
- This light spray takes out the toughest knots and tangles.
- The grapefruit aroma and organic tea tree oil leaves hair smelling fresh and clean.
#1028395

HAIR & BODY WASH ORANGE
- Suitable for newborns and older.
- Cutting through grime while moisturising and cleansing skin and hair.
- The organic sweet orange oil will leave them smelling lovely.
#1028390

HAIR & BODY WASH BLACKBERRY & ORGANIC APPLE
- The wonderful fruity aroma of blackberry and organic apple extract makes cleaning off dirt a fragrant joy.
- Contains organic oil for ultimate moisturising.
- Leaves hair shiny and tangle-free.
#1028393

BABY SHAMPOO

BABY WASH

BABY BEDTIME BUBBLES

CONDITIONER

HAIR DETANGLER

HAIR & BODY WASH

BABY CARE

ALL OUR PRODUCTS ARE:
- Dermatologist and paediatrician approved as suitable for sensitive skin and safe for people who may be prone to eczema.
- Suitable for newborns and upwards.
- Contains naturally derived ingredients.
- Made with organic essential oils.
- Never tested on animals, only on people.
- Tested and approved by my little ones for you to use on yours.
New Johnson’s® is here!

For 125 years, JOHNSON’S® mission has been to create the gentlest products in the world. That’s why they listened carefully to parents around the world and have now improved their products inside and out.

New packaging
Look out for their new, teardrop-shaped bottles which not only look good, they’re also easier to hold. And they have added more one-handed pumps for greater convenience.

New formulas
Their new formulas are gentler and simpler - with no dyes*, parabens, phthalates and sulphates and the range now contains over 90% naturally-derived ingredients.**

For every age and stage
JOHNSON’S® has also reformulated their product line to make it easier for you to select the right product to suit the unique needs of your child.
Newborn Range
Baby skin is up to 30% thinner than yours¹ and needs ultra-gentle care.
- NEW JOHNSON’S® Cottontouch™ range, blended with real cotton, is perfectly pH balanced for newborns’ sensitive skin from day 1.

Active Baby Range
As your baby becomes active, a good night’s sleep is very important to maintain their high energy levels.
- JOHNSON’S® has a Bedtime range that is clinically proven to help your baby sleep better when used as part of a 3-step bedtime routine (bath + massage + quiet time).
- JOHNSON’S® Gentle all over wipes are a daily essential that effectively cleanses everything from wet bottoms to dirty hands and delicate faces.
- NEW JOHNSON’S® Skin protect wipes are enriched with dry touch oil to provide triple protection against the causes of nappy rash.

Toddler Range
As your child grows, their skin and hair needs change. However, toddler skin is still developing and needs gentle yet effective products.
- NEW JOHNSON’S® Shiny Drops range, enriched with Argan Oil boosts natural shine for silky smooth, healthy looking hair.
- JOHNSON’S® soft & shiny hair care range is newly designed to keep dry and curly hair naturally healthy in just 2 easy steps.
- JOHNSON’S® Gentle Protect range with honey, rooibos and green tea extracts, protects against 99% of germs while still being mild on skin.

Originals Range
JOHNSON’S® also has a range of products that are suitable for the whole family.
- JOHNSON’S® Baby Shampoo, free of parabens and sulphates, gently cleanses hair and scalp for all ages.
- JOHNSON’S® Baby Jelly seals in moisture and forms a barrier against wetness.
- JOHNSON’S® Baby Aqueous Cream has only the gentlest ingredients.
- JOHNSON’S® Baby Soap gently cleanses the skin.
- JOHNSON’S® Baby Powder gently absorbs excess moisture to keep baby’s skin feeling dry and comfortable.
BABY CARE

INFANT NAIL SCISSORS
- Rounded tips prevent accidental piercing.
- Blades made from strong, rust-resistant stainless steel.
#1003896

DIGITAL THERMOMETER
- Safe, flexible soft tip.
- Accurate and easy to use.
- Recalls last temperature reading.
- Battery life – approximately 200 hours.
#1003895

COTTON BALLS 100S
- Made from 100% pure cotton.
- Soft, absorbent and hygienic.
#1003926

COTTON BUDS
- For easy cleaning of ears, nose and belly button.
- Soft, flexible paper stems.
#1027876

NOSE CLEANER
- Gentle suction assists in clearing runny or blocked noses.
- Correct use of the unique pump system will not harm baby’s mucous membranes.
#1003869

COMB & HAIRBRUSH SET
- Firm, soft bristles brush right down to the scalp.
- Comb with rounded tips is gentle on baby’s tender scalp.
- Wider spaces between the teeth of the comb minimise pulling of baby’s hair.
#1003870

FEVER COOL PLASTER
- Soothes and calms baby while reducing fever.
- Cooling relief for baby.
- Safe for sensitive skin.
- Suitable size for baby’s forehead.
- Dermatologically tested.
#1005714

Quality products at everyday low prices
NON CONTACT INFRARED THERMOMETER
Take the guess work out of checking baby’s temperature
- Accurate and reliable: instant temperature detection.
- Non-contact forehead reading: hygienic – no cross infection.
- Dual-function thermometer: Milk and bath water temperature.
#1027718

ESSENTIAL GROOMING KIT
- Everyday essentials to keep your little one well groomed.
- Includes scissors, emery boards, nail clippers, toothbrush, brush and comb.
- Fits neatly into storage bag.
#1028171

HEALTHCARE KIT
- Stylish complete healthcare kit.
- Keep baby’s healthcare items organised, both at home and on the go.
- Available in pink and blue.
#1019284 Blue
#1019285 Pink

ANTI-MOZZ MOSQUITO LAMP
- Multifunction anti-mosquito plus LED night light with aromatherapy holder.
- Easy to clean and use.
- Silent operation.
- Environmentally safe, no pollutants or chemicals.
#1021990

MULTIFUNCTION THERMOMETER
- Ear, soft touch, ambient temperature and clock display.
- LCD display – easy to read.
- Fast readout – 1 second.
- Option of Celsius or Fahrenheit reading.
#1021992

I-SCAN THERMOMETER
- Touch free – easy operation.
- Forehead and object temperature.
- Fever tech indicator with alarm, icons and colour indicators.
#1021991
BABY CARE

BRAUn

L540 BRAUN LENS FILTERS
• Pack includes 2 x 20 disposable lens filters.
• BPA and latex-free.
• Change after each use to eliminate the risk of cross contamination.
#1006758

IRT3030 BRAUN THERMOSCAN 3 EAR THERMOMETER
• Precise measurement in just 1 second.
• Measures the infrared heat generated by the eardrum and the surrounding tissues, with clinically proven accuracy.
#1025768

IRT6520 BRAUN THERMOSCAN 7 EAR THERMOMETER
• Most used and recommended thermometer by doctors.
• Proven more accurate than rectal or temple temperature-taking.
• Patented Age Precision and colour-coded display.
• Patented pre-warmed tip.
#1023130

BNA100 BRAUN NASAL ASPIRATOR
• Cleans stuffy noses fast and gently.
• Comfortable for child and parent.
• 2 suction levels.
• Easy to clean.
#1028717

STÉRIMAR™
• Baby Isotonic Nasal Spray (50mL).
• Blocked Nose Hypertonic Nasal Spray (50mL).
• Paediatric nasal cleaner.
#1016126 / #1020835 / #1026695

Hedelix® COUGH SYRUP
• Eases coughing and relieves bronchial spasms.
• Thins mucus.
• Sugar and alcohol free.
#1022338

A must-have for moms. Number 1 brand among doctors. Fast, accurate and convenient. Used more than 1.5 million times a day around the world. 2-year warranty with proof of purchase.
A range of vitamin and mineral supplements for infants and young children, which assists in developing a strong immune system. They also aid in growth and general development.

Vi-daylin®

VI-DAYLIN SYRUP (150ml)
- Suitable for toddlers and children from 1 to 5 years.
- Source of Vitamin A, B group, C and D.
- Tartrazine-free.
#1008402

VI-DAYLIN PLUS IRON DROPS (30ml)
- Suitable for infants and children under 4 years.
- Contains iron and Vitamin C.
- Sugar and tartrazine-free with no artificial colourants.
#1008401

VI-DAYLIN DROPS (25ml)
- Suitable for infants from 1 to 12 months.
- Contains Vitamin A, B group, C and D.
- Sugar and tartrazine-free with no artificial colourants.
#1008400

VI-DAYLIN EMULSION (200ml)
- Suitable for toddlers and children from 1 to 5 years.
- Source of Vitamin A, D and zinc.
- Tartrazine and alcohol-free.
- Great tasting orange flavour children will enjoy.
#1024582

VI-DAYLIN VITAMIN POPS (10 LOLLYPOPS)
- Suitable for children 2 years and older.
- Source of vitamin A, E, B6, B12, C and folic acid.
- Available in orange, apple and cherry flavours.
- Fun format to encourage children to take their vitamins.
#1024583

PHIPP’S MILK OF MAGNESIA

- Soothing relief for heartburn, reflux, indigestion or constipation.
- Suitable for babies from birth and pregnant woman.
- Trusted by mothers from generation to generation.
#1002074 / #1025728

Phipps's Milk of Magnesia

Telament®

TELAMENT PAEDIATRIC GRIPE WATER (150ml)
- No alcohol, sugar, colourants or artificial flavourants.
- For babies up to 12 months old.
#1002104

TELAMENT PAEDIATRIC COLIC DROPS (30ml)
- Convenient dropper bottle for easy administration.
- Suitable for babies from birth.
#1002108

Telament Paediatric Gripe Water

A range of products specially formulated for babies to relieve the discomfort associated with wind, colic and stomach aches.
VICKS BABY RUB COMFORT FOR BABIES
- Vicks BabyRub helps to gently moisturise, soothe, calm and relax your baby.
- Its gentle formula is specially developed in association with baby and skin experts.
- Contains fragrances of rosemary, lavender and eucalyptus – known for their pleasant aromas.
- Contains extracts of Aloe Vera that moisturise your baby's skin.
- To be gently massaged onto baby’s chest, neck and back.
- Suitable from 3 months up to 5 years.
#1024957 45g
#1029712 90g

TRAINING TEETHER STEP 1
- Different flexible textures to stimulate baby’s lips.
- Movable coloured rings.
#1017369

INFANT TOOTHBRUSH SET
- This set follows on from the trainer toothbrush set and offers 2 brushes for front and back brushing.
#1003905

TRAINING TEETHER STEP 2
- 4 different hard textures to stimulate periodontal membranes.
- Movable coloured rings.
#1017370

COOLING TEETHERS
- Stimulates development of baby’s mouth and fingers.
- Ideal shape for baby to chew and grasp.
- Filled with safe, certified sterilised water.
- Do NOT freeze.
- Cool in fridge.
#1021643/4/5
Bringing more choices to moms

**WACKY TEETHER**
- Skin Soft™ massaging silicone bristles.
- Multiple teething surfaces assist in the eruption of teeth by gently massaging infant’s gums.
- Soft, colourful fabric crinkles with baby’s touch.
#1022773

**CHEWBIES™ SILICONE TEETHER**
- Filled with non-toxic periCE™, it stays colder for longer than water-filled teether.
- The textured cool surfaces massage, stimulate and soothe sore gums.
- Suitable for the refrigerator.
#1022775

**ICYBITE KEY TEETHER**
- Made of 100% extra soft silicone.
- Soft massaging bristles clean and soothe new teeth and tender gums.
- Gently cleans gums.
#1026438

**TEETHING BIB**
- Absorbent cotton helps keep baby dry while teething.
- Velcro tab for easy open and close.
- Soft silicone teething corner.
#1027582 Blue
#1027583 Pink
#1027584 Grey

**NANANUBS™ TEETHER**
- Made of 100% extra soft silicone.
- Soft massaging bristles clean and soothe new teeth and tender gums.
- Gently cleans gums.
#1028438

**MEDICINE BOTTLE**
- Easy way to administer oral medicine or vitamins to your baby.
- Ideal for infants.
- Protective plastic cover included.
#1022778

**MEDICAL KIT**
- This kit includes: Sure-Dose™ medicine dropper, medicine bottle, nasal aspirator with ear syringe and medicine dispenser.
#1016285
BABY CARE

Nuby™ with Citroganix™

BPA FREE

4 STAGE ORAL CARE SET
- Promotes the early development of good dental hygiene.
- 4 brushes designed for the various stages of oral care development.
- Child-sized brushes.
- Includes brush stand.
#1028826 Girl
#1028827 Boy

TOOTH & GUM WIPES
- Fluoride, sugar and paraben-free.
- Soft and gentle on newborn gums.
- Tutti-frutti flavoured and with natural xylitol.
#1026314

PACI-WIPES
- Nuby™ Pacifier and Teether wipes are effective, natural, non-toxic and alcohol-free.
- For use on soothers or teethers.
- 99.999% effective against germs for up to 4 hours.
#1021727

TEETHING GEL
- Provides instant relief and lasts up to 4 hours.
- Benzocaine, Lidocaine and Choline Salycilate free.
- Non-toxic – 99.999% effective against germs.
- Safe if swallowed.
#1021725

TEETHING GEL & GUMEEZ TEETHER
- Textured surface gently massages delicate gums as the gel soothes the pain.
- Non-toxic and 99.999% effective against germs.
- Lasts up to 4 hours.
- Safe if swallowed.
#1023155

TOODLER TOOTHPASTE
- Natural, fluoride-free and non-toxic.
- Safe if swallowed.
- Helps prevent tooth decay.
- Guards against infection.
- 99.9% effective.
#1021729

BPA FREE

Quality products at everyday low prices
BABY CARE

DESIGNED FOR A CHILD WHO IS LEARNING TO BRUSH.

ORAL B 3-5 YEAR MANUAL BRUSH (KIDS)
• Small head provides easy access for small mouths.
• Cushioned head is designed to help protect tender gums.
• Power tip bristles designed to help clean hard-to-reach back teeth.
• Easy-to-hold handle to help child learn to brush.
• Handle stabiliser helps keep the toothbrush steady when set down.
#1028749

DESIGNED WITH BABY-SOFT BRISTLES FOR USE FROM FIRST TEETH.

ORAL B 0-2 YEARS MANUAL BRUSH (BABY)
• Baby extra-soft bristles for gentle cleaning of baby’s first teeth.
• Cushioned head is designed to help protect tender gums.
• Non-slip handle designed to help parents brush baby’s teeth and gums.
#1028748

Specially formulated for tough stains but still gentle on your baby’s skin.

So Pure is so simple. Happy people. Happy planet. Happy babies. Happy bodies and hands. Happy clothing and laundry days. Happy noses - because we use essential oils that make you want to breathe in... deeply. Happy cleaning in kitchens, on floors, in bathrooms and down the loo too. With our Mite-Free everyone can happily ditch the itch for happy skin.

So Pure is free of nasties; always natural and eco-baby-safe. So Pure has everything you need for happy families, happy days - because that’s what our products are made for. Look for SoPure. You’ll be so happy you did.

BABY LAUNDRY DETERGENT (REFILL)
• Concentrated formula with no artificial colouring.
• Economical refill pack.
#1027874

BABY LAUNDRY DETERGENT (BOTTLE)
• Concentrated formula with no artificial colouring.
#1027873
BABY CARE

Snuggletime

BABY BATHER
- 100% cotton towelling bath support.
- Supports baby’s head and body to comfortably wash baby.
- Non-slip rubber base.
#1003061 White
#1003062 Assorted

BATH MAT AND KNEE CUSHION
- Long-lasting, non-slip microbead cushion.
- Gently cradles baby’s head and body.
#1028960

BABY BATH TUB
- Stylish baby bath suitable to fit in adult bath or to stand alone.
- Newborn support included (removable).
- Removable plug to drain water.
#1024700 Blue
#1024701 Pink
#1024702 Green

AFTER BATH MATTRESS: TOWELLING
- Anti-roll contoured after bath mattress.
- Waterproof laminated PVC towelling (assorted colours).
- Suitable for compactum, change areas or on the floor.
#1003063 White
#1003066 Assorted

MICROBEAD BATHER
- The perfect floating bath time body support.
- Super-soft and comfortable microbead cushion.
- Gently cradles baby’s head and body.
#1023656

POP-UP BABY BATH TUB
- Strong, collapsible baby bath tub.
- Flexible pop-up base (optional recline position).
- Compact size for easy storage and travel.
- White hot sensitive plug.
#1027504

BATH MAT AND KNEE CUSHION
- 2-in-1 anti-slip bath mat and soft padded knee cushion.
- Gentle on baby’s skin.
- Suction pads secure mat firmly on smooth surface of the bath.
- Comfortable for Mom and baby.
#1028960

Quality products at everyday low prices
BATH SUPPORT
• 0 to 6 months.
• Comfortable full body support for baby at bath time.
• Hygienic – mould and fungus-resistant.
# 1020805 Pink
# 1020806 Blue
# 1022252 Green

MINI BATH SUPPORT
• 0 to 6 months.
• New slender design provides optimal support and safety for baby.
• Extra strong suction cups for watertight stability.
• Fits into most baby baths and regular baths.
# 1029236 Blue
# 1029237 Grey

BATH SEAT
• 6 to 12 months.
• Bath time safety seat.
• Strong secure suction cups.
• Soft seat for baby’s bottom.
# 1025999 Blue
# 1026000 Pink
# 1026001 Grey
BABY CARE

SOFT BEGINNINGS WET WIPES CADDY
- The dispenser keeps wipes fresh and moist, and there is a window to monitor remaining quantity.
#1028080

SOFT BEGINNINGS TRAVEL DIAPER BAG
- Transform your bag into a soft and comfy bed or changing station for baby.
- Store baby’s bottle in our purpose built, insulated pocket to keep it warm.
#1028079

SOFT BEGINNINGS EASI-CARRIER
- Baby can face you, the world or go on your back.
- Protective bib to save your clothing.
- Soft mesh fabric makes wearing more comfortable and fashionable.
#1022509

SOFT BEGINNINGS COLLAPSIBLE BATH
- The folding bath is excellent for smaller baby rooms where space is at a premium.
- Non-slip materials.
- Heat-sensitive plug.
- Built-in hook allows for hang drying or quick storage fold-away storage.
#1019599
BATH LETTERS AND NUMBERS
- Soft and durable bath letters (A-Z) and numbers (0-9) that float and stick to the wall of the bath or tiles.
#1008189

SHAMPOO RINSER
- Soft, flexible water jug which effectively rinses shampoo away from sensitive eyes.
#1017586

BABY BATH BALL
- Colourful textured bath ball that floats, shakes, strains, rattles and rolls.
#1023741

FALLS
- Each toy has a differentiated play pattern.
  - Use individually or line up to create a chain reaction.
#1026003

CATERPILLAR SPILLARS
- Fun bath cups that link, stack, pour and strain water.
#1010987

BABY BATH RINSE
- Soft, flexible water jug which effectively rinses shampoo away from sensitive eyes.
#1017586

SOOPY STORIES
- Bath book with integrated Scuba Sean finger puppet.
  - Waterproof, easy to clean and dries quickly after use.
  - Focuses on learning colours.
  - Play patterns: Hand + Eye co-ordination; Language + Learning.
#1028943/44

SUPER SCOOP TOY ORGANISER
- Scoop, drain and store bath toys in mere seconds.
  - Strain holes help toys dry quickly.
#1027622

WIND-UP PENGUIN
- Fun action wind-up penguin swims through the water.
#1023740
No.1 Choice of Pediatricians

Our softest comfort & best skin protection

*Survey done in South Africa among Pediatricians, 05/2017

Quality products at everyday low prices
The simple everyday act of changing a baby’s diaper was the inspiration for Pampers, P&G’s largest and one of our fastest growing brands. For more than 70 years, Pampers, has been caring for the happy, healthy development of babies, and today serves more than 25 million babies in more than 100 countries around the world.

**Comfort**
- Wrap them in our softest comfort.

**Umbilical Friendly Shape**
- Protects your baby’s delicate belly with a perfectly contoured fit.

**Absorb-Away Layer**
- Feels silky soft while pulling wetness and runny mess away from baby’s skin.

**Silky Soft**
- Gently wraps your baby in silky softness.

**Protection**
- Our best protection for newborn skin.

**Extra Absorb Channels**
- Help distribute wetness evenly for trusted dryness and less bulk.

**Wetness Indicator**
- Lets you know when it might be time for a change.

**100% safety**
- Our diapers are tested to make sure they respect your baby’s sensitive skin.

**Clinically and Dermatologically tested**
- We make sure Pampers products can be used in total safety and respect your baby’s sensitive skin.

**Carefully selected materials**
- We work in collaboration with paediatricians and toxicologists to select and validate the safety of our components.
Hello air™ channels
Goodbye damp bottoms
Brining more choices to moms

BABY CARE

Pampers®

baby-dry™

Dryness
- Give your baby breathable dryness, a new dimension of overnight dryness.

NEW unique Air Channels
- Create space for air to flow freely inside the diaper, for breathable dryness overnight.

Extra Dry-Layer
- Instantly absorbs wetness away from baby’s skin.

Absorbent Micro-Pearls™
- An inner layer with absorbent Micro-Pearls™ to lock away wetness for up to 12 hours.

Comfort
- For a good night’s sleep.

Stretchy sides
- Provide a comfortable fit and flex with your baby’s every move.

Soft-like cotton
- A top layer next to baby’s skin, soft and dry, for a comfortable night’s sleep.

Design
- A joyful experience for your baby.

Fun designs
- Enjoy our fun designs & characters with your baby.

100% safety
- Our diapers are tested to make sure they respect your baby’s sensitive skin.

Clinically and Dermatologically tested
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- We work in collaboration with paediatricians and toxicologists to select and validate the safety of our components.
BABY CARE

- Extra soft and sensitive baby wipes.
- Soothes and keeps baby’s skin hydrated.

BABY WIPES 30s 99% PURE WATER SINGLE PACK
• Extra soft and thick.
• Contains 99% pure water.
• Soothes and keeps baby’s skin hydrated.
#1003977

BABY WIPES 30s 99% PURE WATER 2-IN-1 PACK
• Extra soft and thick.
• Contains 99% pure water.
• Soothes and keeps baby’s skin hydrated.
#1003984

BABY WIPES 82s 99% PURE WATER TUB
• Extra soft and thick.
• Contains 99% pure water.
• Soothes and keeps baby’s skin hydrated.
#1003987

LANOLIN BABY WIPES 70s
• Contains lanolin.
• Extra thick.
• Recommended for newborns.
#1028309

HAND AND MOUTH WET TISSUES 20s AND 60s 2-IN-1
• Made from 100% Food Grade ingredients.
• Effectively cleans hands, face and mouth.
• Gentle and safe for babies, children and adults.
• Use to clean fruit and vegetables before eating.
#1003990/1

BAY WIPES 82s 99% PURE WATER 6-IN-1 PACK
• Extra soft and thick.
• Contains 99% pure water.
• Soothes and keeps baby’s skin hydrated.
#1005715

ANTI-BACTERIAL WIPES 20s AND 60s
• 100% food-grade ingredients.
• Kills 99.99% of bacteria.
• Disinfects hands, pacifiers, teethers, toys and feeding utensils.
• Certified by AATCC (International standard).
#1017368 / #1017753

ANTI-MOSQUITO WIPES 12s
• Deet-free formula.
• Protects your skin and your baby’s skin from mosquitoes.
#1003994
BABY CARE

Bringing more choices to moms

SENSITIVE FRAGRANCE FREE WIPES 6 PACK
- Gentile and soft.
- pH balanced.
- Alcohol and paraben-free.
- Dermatologically endorsed.
- Aloe Vera and Vitamin E extract.
#1027338

SENSITIVE FRAGRANCE FREE WIPES TRIPLE PACK
- Gentile and soft.
- pH balanced.
- Alcohol and paraben-free.
- Dermatologically endorsed.
- Aloe Vera and Vitamin E extract.
#1017597

SENSITIVE LIGHTLY FRAGRANCED WIPES 6 PACK
- Gentile and soft.
- pH balanced.
- Alcohol and paraben-free.
- Dermatologically endorsed.
- Aloe Vera and Vitamin E extract.
#1027339

SENSITIVE LIGHTLY FRAGRANCED WIPES TRIPLE PACK
- Gentile and soft.
- pH balanced.
- Alcohol and paraben-free.
- Dermatologically endorsed.
- Aloe Vera and Vitamin E extract.
#1025296

NURSING PADS
- Soft and absorbent.
- Contoured shape.
- Smooth, neat and discreet.
- Moisture-proof layer.
- Adhesive tape to ensure that the pad is kept in place.
#1004619

NAPPY LINERS 50s
- No mess and no fuss.
- Helps prevent nappy rash.
- Keeps baby dry and happy.
- Reduces nappy saling.
- Not tested on animals.
- Extra soft with extra comfort.
#1026833

NAPPY SACKS 50s
- Neutralises odours.
- Hygienic.
- Opaque plastic.
- Affordable and convenient.
- Baby powder fragrance.
#1004634

CLASSIC COTTON BUDS 100s
- 100% pure cotton.
- Flexible and unbreakable stems.
- Available in 100s.
#1012474
10% of all babies are born prematurely each year.

**HUGGIES® PREEMIE**
- Special cut-out to protect the umbilical cord.
- Wetness indicator lets you know when it’s time to change.
- Fasten-anywhere tabs for a perfect fit.
- Suitable for up to 3kg.
- Available in: Size P (30s)
  #1021136

**HUGGIES® EXTRA CARE NEW BABY**
- Soft liner absorbs runny poo and wetness in seconds to help keep baby’s skin dry.
- Breathable material that helps prevent skin irritation.
- Soft little pillows create a gentle barrier between baby’s skin and mess.
- Special umbilical cord cut-out.
- Our softest nappy inside and out.
- Special runny poo pocket helps prevent leakage.
- Wetness indicator that shows when it’s time to change the nappy.
- Stretchy waistband for a great fit.
- Fasten-anywhere tabs for a customised fit.
  #1016062 / #1007048 / #1021137

**HUGGIES® GOLD**
- Reduced sagging even when getting full.
- Active channels absorb wetness and distribute it evenly.
- Stretchy waistband and fasteners for a comfy fit.
- Anatomical shape for a better fit.
- With Disney’s Mickey and Minnie characters.
  #1028115/6/7/8/9/20/1/2

**HUGGIES® PURE WIPES**
- Skin-loving natural fibres.
- 99% pure water.
- No perfume.
- Available in:
  - Single Pack (56s)
  - Six Pack (336s)
  - Twelve Pack (672s)
  #1022809 / #1026840 / #1026842

**HUGGIES® NATURAL CARE WIPES**
- Skin-loving natural fibres.
- With Aloe Vera.
- Available in:
  - Single Pack (56s)
  #1022811

Available in: Size 0 (24s) / Size 1 (42s) / Size 2 (66s)
HUGGIES® PANTS
- Active channels absorb wetness and distribute it evenly.
- Reduced sagging even when getting full.
- Underwear-like fit – breathable, stretchy waistband.
- Keeps baby dry for up to 12 hours both day and night.
- With Disney’s Mickey and Minnie characters
#1028123/4/5/6/7/8/9/30

Available in:
Jumbo: Size 3 (60s) / Size 4 (50s) / Size 5 (44s) / Size 6 (38s)
Megabox: Size 3 (120s) / Size 4 (100s) / Size 5 (88s) / Size 6 (76s)

HUGGIES® LITTLE SWIMMERS
- No 1 brand for maximum protection.
- Protects without swelling.
- Easy-open sides for easy removal.
- Reusable sides for a tailored fit.
- Unique, soft, absorbent technology for a comfortable fit.
- Exclusive fun Disney Finding Dory designs.
- Leak guards.
- Stretchy fit waist.
#1001673/4/5

Available in: Size 2-3 (12s) / Size 3-4 (12s) / Size 5-6 (11s)

HUGGIES® DRYNITES
- 5 layers for maximum protection.
- Soft, stretchier sides for a comfortable fit.
- Discreet – looks like real underwear.
- Confident nights from the No 1 brand.
#1026843/4/5/6

Available in:
Boys: Size 4-7 (10s) / Size 8-15 (9s)
Girls: Size 4-7 (10s) / Size 8-15 (9s)

Bringing more choices to moms
PROTECT YOUR HOME FROM ODOURS AND LOCK AWAY THOSE SMELLY NAPPIES FOR GOOD!

ON-THE-GO TRAVEL NAPPY BAGS AND REFILLS
- Perforated roll of nappy bags for moms on the go (x25).
- Unique 5x better odour control effectively locks away those smelly nappies for good.
- Ideal for travel – fits in a handbag or nappy bag.
#1020807 Dispenser
#1020808 Refills

REFILL CARTRIDGES (ODOUR SEAL NAPPY BIN)
- 5x better odour control.
- Multi-layer barrier bag with germ-fighting anti-bacterial coating.
- Seals up to 200 nappies per refill.
#1003193 Single
#1003192 3pk

ODOUR SEAL NAPPY BIN
- Easy to use – push lock system.
- Easy to empty – simply cut and tie.
- Multi-layer barrier bag with germ-fighting anti-bacterial coating locks away odours.
# 1028135 White
# 1028136 Pink
# 1028137 Blue
MEET OUR NEW ARRIVAL
There's a smarter, cleaner and cuter nappy bin in town!

DRESS UP BIN
• New ‘push button’ opening.
• Larger capacity to hold more nappies.
• New improved refill with 5x better odour control and germ-fighting anti-bacterial coating.
#1026285

OCTAGONAL REFILL (DRESS UP BIN)
• 5x better odour control.
• Multi-layer barrier bag with germ-fighting anti-bacterial coating.
• Each refill can seal up to 200 nappies.
#1026287 Single
#1026286 3pk

DRESS UP SLEEVES
• Colourful fabric sleeves that stretches over the Dress Up Bin.
• Various designs available.
• Sold separately.

Diamond #1027714
Hearts #1027713
Blue Wales #1027715
Grey Elephant #1026282
Pink Floral #1026284
Mini Leaf #1026283

Now you can match your bin to your nursery decor

Anglecare

Angelcare®

BETTER ODOUR CONTROL

Bringing more choices to moms
KORBELL NAPPY DISPOSAL SYSTEM
- Odour-free: triple-sealing system offers protection for a fresh environment.
- Hands-free: step and drop for quick, easy, hygienic disposal.
- Economic: no wastage, door mounted (child-proof)
- Cutter allows you to only use what you need.

KORBELL PLUS (26 LITRES; HOLDS 65 NAPPIES)
#1020792

KORBELL REGULAR (16 LITRES; HOLDS 45 NAPPIES)
#1016664 / #1025310 / #1020790

REFILLS
- Biodegradable, eco friendly, scented liners.
- Korbell Plus liner: 580 nappies per refill, lasts approximately 3 months.
- Korbell Regular liners: 495 nappies per refill, lasts approximately 2.5 months.
- Lightly scented.
  #1016665 Regular
  #1016666 Triple Pack
  #1020793 Plus Single Pack
  #1020794 Plus Triple Pack

KORBELL LINERS

KORBELL PLUS LINERS

SANGENIC TWIST & CLICK NAPPY BIN
- Simplee Sangenic nappy disposal system in a starter kit.
- Contents include Simplee Tub and 6 Simplee Cassettes.
#1016065

SIMPLEE SANGENIC STARTER KIT
- Nappies are individually wrapped in multi-layer anti-bacterial film to stop germs and smells escaping.
- Anti-bacterial film kills 99% of dangerous germs.
- Inbuilt plunger pushes nappies deep into the bin, keeping your hands clean.
- Slimline and compact.
- Environmentally friendly.
- Available in on trend colours.
  #1029349 White
  #1029350 Pink
  #1029351 Blue
  #1029352 Green

SIMPLEE SANGENIC NAPPY BIN
- Quick and simple to use: simply lift the lid, push the dirty nappy through the smart seal lid and close.
- Each bin comes preloaded with 1 refill.
- Multi-layer film and smart seal lid blocks odours.
#1024418 / 19 / 20

SIMPLEE SANGENIC REFILL
- Simplee Sangenic cassettes can dispose of up to 180 nappies.
#1024426

SIMPLEE SANGENIC TWIST & CLICK REFILL
- Simplee Sangenic Twist & Click cassettes can dispose of up to 89 nappies.
#1029355 3 Pack

Quality products at everyday low prices
BATH TIME WITH BABY

The first bath can be a bit scary, so here are some tips to make it easier. Bath time can be any time of the day when both you and Baby are relaxed and comfortable. It’s not advisable to bath your newborn Baby every day – 2 to 3 times a week will do. That baby-soft skin is extremely sensitive, and daily bathing could cause an irritation.

Using a small plastic bathtub is the safest and easiest way to go. Baby bath time doesn’t have to take place in the bathroom – this tub can be placed anywhere that’s warm, safe and convenient.

Make sure the water is warm but not too hot. Use your hand and wrist to test the temperature of the water before you put your bundle of joy in. The water level should be just over Baby’s knee. Cradle Baby with one hand, making sure you support the neck and head. Gently lower baby into the bath feet first and use your other hand to wash and rinse Baby.

Don’t ever allow yourself to get distracted while Baby is in the tub. Make sure your phone is on silent and that other children are occupied or being looked after by somebody else. Even in shallow water, an infant can drown very quickly. Make sure an adult is always there when Baby is in the bath.

Bath time is a great opportunity to bond with your little one - enjoy these precious moments.
NURSERY
Babies spend the best part of their first 12 months sleeping. It is important to make sure that your baby’s sleep space is safe and secure.

Safe sleeping for little ones

- For hygiene reasons, it is recommended that you purchase a new mattress for each new baby.
- Overheating is a safety risk for new babies. Keep baby’s head completely uncovered when sleeping. Never put baby to sleep with a hat on their head.
- Avoid placing baby’s cot or sleep space in direct sunlight or near a heater. Always ensure adequate air flow around the cot.
- Swaddle wraps and sleep sacks are a safe alternative to loose blankets.
- Research has shown that the safest position for baby to sleep is on their back. Sleep positioners help babies feel safe and secure on their back.
- Baby monitors are helpful in giving you the peace of mind to get the rest you need.
- Babies cot should be kept free of loose bedding, toys, pillows and other obstructions which could be a suffocation hazard.

Choosing the perfect mattress

Baby City offer a wide range of mattresses with unique features to suit all cot sizes and budgets.

Consider this top 5 check list to help you make the right choice.

1. Choose the correct size mattress to fit your cot. Your mattress should fit snugly with no more than a 3cm gap between the sides of the mattress and the sides of the cot.

2. A firm mattress is important to offer the correct orthopaedic support. Very soft mattresses can be a suffocation hazard.

3. Full depth ventilation holes in the mattress offer airflow to keep baby cool and comfortable.

4. A removeable mattress cover is convenient to wash and keep baby’s sleep space clean and fresh.

5. NEVER use a plastic inflatable mattress in baby’s cot as this will cause overheating or suffocation.

NB: Air mattresses are not safe for babies to sleep on. For safety reasons, every new baby should have his/her own new mattress.
WHY AND HOW TO SWADDLE

The evidence is overwhelming that babies who are swaddled sleep longer and better. Swaddling inhibits the immature startle reflex, which disrupts sleep. Deep pressure has a calming effect, which is why swaddled babies cry significantly less. Swaddling is thus an excellent solution for a colicky baby. Difficult feeders, especially those who fight at the breast, tend to feed better with more coordinated sucks and swallows when they are swaddled.

HOODED APRON BATH TOWEL

- The extra-large towel is designed to fasten around your neck like an apron and allow you to always have two free hands when bathing your baby, making it safer to lift your baby out of the bath and providing a great splash guard.
- 100% cotton.
  # 1025308/9

SLEEPY SACS

- Maintains comfort through the night.
- Available in 100% cotton winter and summer weight.
  # 1012146/7/8/9

CUDDLEWRAP SWADDLE BLANKET

- Award-winning swaddling blanket.
- The unique heart-shaped design allows for a snug fit with a neck area cut-out so that the hug of the stretchy 100% cotton ensures that your baby feels as cosy and secure as those last days in the womb.
- 100% cotton.
  # 1009836 Blue
  # 1009837 Pink
  # 1009838 Stone

TAGLET

- The ultimate "doodoo blanket" is made of soft chenille and smooth satin tags which provide just the right soothing touch experience for your baby.
- To ensure your baby’s dummy is readily available, attach it with the dummy tag to the Taglet Security Blanket.
  # 1010240/1

MUSLIN RECEIVER

- The Baby Sense blanket is made of unique muslin fabric.
- Muslin is gentle against newborn skin and permits air to circulate around baby’s body, while still providing comfort and warmth.
- 100% cotton.
  # 1019885/6/7
PAEDIATRIC-APPROVED SAFETY MATTRESS
• Hypo-allergenic SABS-approved foam.
• Anti-bacterial coated fabric.
• Holes at both ends for added safety.
• Soft, breathable fabric.
#1005315/6/7/8/9 / #1007503/4

COT BUMPERS
• Hypo-allergenic SABS-approved foam.
• Holes throughout for added safety.
• Soft, breathable fabric.
• Comfortable and gentle on baby’s skin.
#1005344 / #1015469/70

DOUGHNUTS
• Provides a safe, comfortable surface for your baby to play.
• Baby can enjoy some developmental, tummy time.
#1005333/4

FEEDING CUSHION
• A comfortable, nurturing solution that makes feeding time extra special.
• Aids good posture during feeding.
• Helps to prevent sore backs for mums.
#1005335

LIFT WEDGE
• Hypo-allergenic SABS-approved foam.
• Lifts baby to prevent congestion and reflux.
• Reduces area of mucous build-up for easier breathing.
• Anti-bacterial breathable fabric.
#1005336

NAPPY CHANGERS
• For use on compactum, table or bed.
• Raised sides prevent rolling.
• PVC cover is easy to wipe clean.
#1005325/7

BABY PILLOW
• Hypo-allergenic SABS-approved foam.
• Lifts baby to prevent congestion.
• Anti-bacterial breathable fabric.
• Provides protection and comfort.
#1005331

WATERPROOF MATTRESS
• Minimises bacteria build-up.
• PVC cover is easy to wipe clean.
• No washing or soaking required.
• Ideal for crèches.
#1005322/3/4/41/42

SLEEP WEDGE
• Keeps baby in desired position.
• Hypo-allergenic SABS-approved foam.
• Easily adjustable.
• Comfortable, soft cotton fabric.
#1005330
Snuggletime

Ensure a safe cot environment for baby

Babies spend the greater part of their first 12 months sleeping. Ensure that baby's sleep space is comfortable, safe and secure.

Tips when choosing a mattress for baby's cot:

- Each new baby should sleep on a new mattress.
- Ventilated mattresses provide air flow, keeping baby cool and comfortable.
- Choose a mattress with a waterproof covering or use a waterproof mattress protector to help protect your mattress from those little accidents.
- Choose the correct size mattress for your cot.
- There should be no more than a two-finger space between the mattress and the sides of the cot.
- Use a fitted sheet that is the correct size for the mattress.

5-IN-1 BAMBOOAPAEDIC MATTRESS

- **Antibacterial:** bamboo contains a unique, natural antibacterial bio-agent.
- **High absorption:** absorbs more moisture than cotton.
- **Soft touch:** naturally silky to the touch.
- **Breathable:** cool fabric.
- **Eco-friendly:** bamboo is the fastest growing renewable resource on earth.
- No pesticides are used, as bamboo is naturally pest and pathogen resistant.

#1020376/7

HEALTHTEX 3-IN-1 MATTRESS

- **Anti-allergy:** offers a complete barrier to bacteria, protecting baby from harmful toxins.
- **Waterproof:** protects your mattress from those little accidents.
- **Breathable:** breathes like your skin, keeping baby cool and comfortable.

#1003021/2/3/4

ULTRA SUPREME MATTRESS

- **Healthtex 3-in-1 technology:** Anti-allergy, waterproof and breathable.
- **Spongy spacer fabric** offers extra ventilation and contours to baby's body for added comfort.
- Complete zip-off cover.

#1003025/6/7/8

SILVERGUARD MATTRESS

- **Pure silver fibres** are woven into the mattress cover.
- **Antibacterial properties** protects baby’s mattress.
- **Silver kills 99.9% of super bugs.**
- **Promotes healing.**
- **All natural – no chemicals used.**
- **Zip-off cover.**

#1024711/12

**MATTRESSES AND SHEET SIZES**

<table>
<thead>
<tr>
<th>STD COT</th>
<th>LARGE COT</th>
<th>CAMP COT</th>
<th>CAMP COT</th>
</tr>
</thead>
<tbody>
<tr>
<td>600 x 1300mm</td>
<td>660 x 1300mm</td>
<td>660 x 940mm</td>
<td>720 x 1040mm</td>
</tr>
</tbody>
</table>

More choices available to you
HEALTHTEX FITTED SHEET
- 100% Cotton sheet with waterproof PU membrane.
- Breathes like your skin.
- Protective barrier against bacteria and dust mites.

#1003021/2/3/4/8172
Healthtex covers sold separately.

SAFETY SHEET
- Fully elasticated fitted sheet.
- Microfibre.

#1003035/6778

COT BUMPER INNER
- Full ventilation holes.
- Good air-flow and dispersion of heat.
- Reduces the risk of suffocation, ensuring a safe cot environment.
- Universal size: 198cm x 23cm.

#1003050

BAMBOO SHEET
- 100% Bamboo with waterproof PU membrane.
- Breathes like your skin.
- Protective barrier against bacteria and dust mites.

#1020378/9

LIFT WEDGE
- Wedged foam pillow designed to gently elevate baby’s head.
- Head elevation helps relieve earache, nasal congestion and indigestion.
- Head elevation gently improves overall sleeping.

#1003008/9/10
Healthtex covers sold separately.

SLEEP ON AIR PILLOW
- Maintains airflow around the head area, ensuring a safe sleeping environment.
- Disperses excess perspiration immediately.
- Surface area stays dry.
- Extra spongy layer on foam pillow.

#10030199

The baby product specialist store
Snuggletime

SLEEP POSITIONERS
Paediatricians worldwide recommend that babies should sleep on their backs from birth. Back sleeping is the safest position for ALL healthy babies and significantly reduces the risk of COTDEATH. Snuggletime supports safe sleeping and has a range of sleep positioners to encourage back sleeping.

Recommended (0-6 months)

NEWBORN SLEEP THERAPY
(YOUR REFLUX AND SAFE SLEEPING SOLUTION)
- The ideal angle for baby to sleep.
- Relieves reflux, nasal congestion and earache, while helping with overall improved sleep.
- Adjustable velcro wedges and head cushion.
#1019081 Cot
#1019082 Pram

Back sleeping reduces the risk of cot death by 50%
WHAT IS CO-SLEEPING
Co-sleeping is any sleep arrangement where a parent/caregiver sleeps close enough to an infant that they can respond to each other’s sensory signals. Various forms of co-sleeping include: bed sharing, bed add-ons and room sharing.

Benefits of co-sleeping:
• Babies cry less.
• Babies digest and absorb their food better.
• Overall improved sleep for all.
• Builds trust and bonding between parents and baby.
• Increases success with breastfeeding.
• Babies sleep more peacefully, feeling safe and secure.

SNUGGLE NEST
• A safe place for baby to sleep between Mom and Dad.
• Quilted padded sides with sturdy inner frame.
• Curved side wedges adjust to secure baby on his or her back.
• Inclined head cushion.
#1003011

COMFORT SAFETY POD
• The perfect way to bond with your new baby.
• Create a safe sleeping space for baby anywhere.
• Lightweight and easy for travel.
#1027051

Padded for all-round comfort.

Zip-off removable cover.

CO-SLEEPING NEST
• Lightweight, compact and easy for travel.
• Create an instant, comfortable and safe sleeping space for baby anywhere.
• Breathable mesh sides offer full visibility and ventilation.
#1027291

Soft night light plays lullabies and gentle vibrations.

Sturdy padded frame creates a safe sleep space.
MOSSES BASKET
• Beautiful hand-woven grass baskets.
• Set includes hand-woven basket, mattress, fitted sheet, bumper inner quilt and wooden frame.
#1015361 Natural
#1029280 Grey
ASSORTED DESIGNS AVAILABLE IN STORES.

CO-SLEEPER CAMP COT
• The ideal 2-in-1 co-sleeper camp cot (from birth to 3 years).
• Unique drop-down side provides easy access to soothe and comfort baby.
• Basket option for newborns.
• Convenient organiser keeps wipes, creams, nappies etc close at hand.
• Folds up to compact size for easy storage.
#1028642

BENEFITS OF CO-SLEEPING:
Co-sleeping improves baby’s overall sleep, health and well-being.
Co-sleeping has been proven to reduce the risk of Cot Death by 50%.
FOLDAWAY ROCKING BASSINET™ - JUNIPER™
• Converts from ‘rock to soothe’ mode to ‘stationary’ mode for sleep.
• Breathable mesh helps keep baby comfortable and in sight.
• Easy 1-step fold.
• Washable covers.
#1026669

“BESIDE ME” SLEEPER by BAMBINO

BESIDE ME SLEEPER
• Allows you and your baby to sleep beside each other safely for the first few months.
• Functions as a stand-alone cot or easy to attach and remove from parent bed.
• Simple to assemble and use, no tools required.
• 6-position height adjustment feature.
• Mattress included, with removable and washable lining.

Attaches securely to parent’s bed.
Base inclines to optimise baby’s breathing.

6 height positions. Carry bag included.

#1024831 Grey
meet excursion™
change & rock

A road trip-ready nursery designed with parents in mind. Portable changer and snoozing seat can be used on or off the cot, for the perfect solution at home or away.

- Ultra secure frame with exposed curved tubing.
- Full-size bassinet removes and attaches easily.
- Changing unit easily clicks on and off using Joie's SecureClick™ system.
- Snoozing seat on the cot, portable bouncing seat off the cot, with 2-speed soothing vibrations.
- Sound and light module with 5 classical lullabies and 5 nature sounds.

meet illusion™

This compact sleep solution is a convenient all-in-1 portable bed, perfect for compact living spaces.

- Bassinet and travel cot mode options so baby can sleep or play comfortably.
- Mesh lined for ventilation on all 4 sides with elevated base that is draught-resistant to keep baby cosy.
- Quick and easy pop-up fold makes travelling with baby a breeze.
- Deluxe 1-hand tuckaway changing table.
- Deluxe parent organiser with storage keeps all the essentials within reach.
meet commuter™ change

A tiny tourist with a quick-release changer. Designed to keep baby playing or sleeping securely, whether at home or while travelling.

- Ultra-secure frame with exposed tubing.
- Full size bassinet removes and attaches easily.
- Elevated, draught-resistant base.
- Simple, push-button fold.
- Changing unit easily clicks on and off using Joie’s SecureClick™ system.

meet commuter™ change & snooze

A tiny tourist ready to travel in an instant with quick-release toppers. Changer and snoozing seat pop off in an instant, for easy use at home or while travelling.

- Full-size bassinet included for naptime options.
- Bassinet clips quickly snap on and off.
- Changing unit easily clicks on and off using Joie’s SecureClick™ system.
- Snoozing seat features soft, cosy fabrics for newborn.
- Cocoon shaped, cradling seat for the cosiest naptime.
meet kubbie™ sleep travel cot

A sweet retreat designed to keep little one close and cradled

• Bedside cot for safe and cozy side-by-side sleep.
• Full-size bassinet removes and attaches easily.
• Mesh lined for ventilation on all 4 sides.
• Removable mattress doubles for naptime or playtime.
• Compact, folded package for easy travel or storage (travel bag included).

BASICO
• Lightweight standard size playard.
• Includes: bassinet, utility bag, wheels and carry bag.
#1027177

SNUUZ
• Lightweight aluminium playard.
• Revolutionary 1-hand fold.
• Includes: Bassinet, mosquito net, utility tray, changer, wheels and carry bag.
#1028048

GRANDE
• Lightweight playard.
• Includes: bassinet, changer pad, wardrobe, utility tray, mobile with 3 toys, removable full mosquito net, wheels and carry bag.
#1027797
BABY HUG 4-IN-1
- Cradle, recliner, high chair and low relaxing chair.
- A 4-in-1 indoor solution for the home.
- Comes with mobile.
- Can be used for co-sleeping.
- Fully mobile with 4 wheels.
- Removable and washable covers.
#1028605

CUDDLE & BUBBLE BATH (GREY)
- Free-standing, adjustable, portable bath tub with wipeable changing mat.
- Comfortable reducer for support.
- Includes shower holder and quick drainage duct.
- Toiletry compartment.
#1027366

NEXT 2 ME CHICK TO CHICK
- The original bedside cradle dedicated to newborns.
- Easily attaches next to bed for peaceful sleep and easy breastfeeding access.
- Gives the child a sense of protection.
- Adjustable to bed height.
- Gives mom peace of mind knowing her child is next to her at night.
- Removable and washable covers.
#1023400
**GROEGG2**
- With its soft-touch silicone dome, the Groegg2 reads your room temperature within 1 degree.
- Identifying room temperature is very easy through colour with adjustable brightness.
- The colours/temperatures relate easily to the user guides for the Groonaddle, Grosnug and Grobag.
- USB charger.
  #1028761

**GROCLOCK**
- Groclock is a sleep aid that helps set bedtime routines.
- Friendly stars keep children company at night, and the smiling sun tells your child it’s time to get up.
- Optional alarm setting.
  #1028765

**GROFRIEND**
- The Grofriend Light and Sound Sleep Aid is cuddly, high quality and has an intelligent cry sensor to keep your baby peaceful and content through the night.
- Assorted characters are available.
  #1028768 Owl
  #1028769 Penguin

**GROROBE**
- The Grorobe has a shaped hood that fits over little heads to speed up hair drying.
- The hypoallergenic pure-dry microfibre fabric dries little ones quickly and keeps them warm after a bath.
- Assorted styles are available.
  #1028777 Poppy Penguin
  #1028778 Sea Lion

**GROSNUG**
- The Grosnug is an innovative sleep bag that allows for arms in or arms out.
- Snug on top with hip-healthy leg space on the bottom.
- Baby is secure all night and won’t wake from startling.
  #1028756

**BASSINET CAMP COT**
- Mobile with toys.
- Nappy stacker.
- Easy fold-up travel bag.
- Convenient change pad.
  #1027285

**BED RAILS**
- Suitable from 18 months.
- Safety 1st’s range of bed rails prevent your little one falling out of their bed.
- Easy to use and available in 90cm and 150cm sizing.
  #1022010 90cm
  #1022011 150cm

**Portable bed rails provide added safety by helping to prevent a child from falling out of the bed when making the exciting transition from a cot to a toddler bed.**
- Never use bed rails on a top bunk bed
- Only use bed rails with an adult thickness mattress
- Bed rails may shift/loosen and create gaps over time, always check that the bed rail is pressed firmly against the mattress when putting your child to bed.
- Always read the manufacturers assembly instructions carefully to ensure your toddler’s safety.
**NURSERY**

**SLEEP SHEEP**
- 8 soothing sounds and melodies.
- 23/45 minute sleep timer.
- Velcro tab for easy attachment to baby’s crib.
#1027716

**BUBBLY BUNNY**
- 4 soothing sounds and melodies.
- Adjustable volume control.
- 2 sleep-timer options with auto shut-off.
#1022375

**TWINKLES TO GO OCTO**
- Projects fun patterns of stars and fish blowing bubbles.
- 3 colour light options.
- Ideal for children of all ages.
#1023167 Pink  
#1023166 Blue

**TWILIGHT LADYBUG – CLASSIC**
- Projects a starry night sky in 3 soothing colours.
- Cuddly companion eases child’s fear of the dark.
- 45 minute auto shut-off timer ensures darkness.
#1008888

**TWILIGHT TURTLE – CLASSIC**
- Projects a starry night sky in 3 soothing colour options: blue, green and amber.
- Eases fear of the dark.
- 45 minute auto shut-off timer ensures darkness.
#1017956

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*The baby product specialist store*
FEEDING
WEANING MADE EASY

Sister Lilian shares her golden guidelines for a healthy approach to weaning Baby onto solids.

In the first six months, milk, particularly breast milk, can fulfil every single one of Baby’s nutritional needs. From six to 12 months, most babies will start showing an interest in food. However, milk is still extremely important, and this phase is more of an experiment in taste and texture than anything else! From one year, milk will gradually play a less significant role, but there is no need for moms to limit breast milk intake.

Baby-led weaning is safe

The Sister Lilian Centre has, for decades, advocated that mothers carefully observe and heed their babies’ cues and body language with respect to many basic ‘milestones’, like feeding patterns.

Recent research suggests that letting babies feed themselves solid foods from as young as six months does not increase the risk of them choking, compared to spoon-feeding them. The bottom line is that baby-led weaning not only makes common sense, but it’s safe too. Nevertheless, when to wean your baby is a very individual affair, with one baby ready sooner, and another later.

If your baby suddenly demands more bottle or breast feeds, you may think it’s time, but he or she may simply need more milk. The first thing to try is increasing the number or length of feeds for at least a week. If Baby is still dissatisfied, it might be time to introduce solids, unless there is another explanation, like teething or stress in the family. Tellingly, teething often precedes an interest in solid food.

If your baby shows interest in your plate of food, this could be an early indicator that she will soon be ready for solids, although at first, Baby will only do this to sample the food.

Handy how-to guide

• Offer first foods between milk feeds, when Baby is only slightly hungry, and is in a good, inquisitive mood.
• The most optimal digestive time for first meals is between 10am and 2pm.
• Slowly increase the amount of food offered until Baby indicates that he/she is comfortable.
• Introduce new foods one at a time, so that you can readily identify any foods that cause adverse reactions.
• Add a second meal after about four to six weeks, and a third meal six to eight weeks later.

Choosing first foods

Baby’s age and instinctive food preferences will play a role in the selection of starter foods. Initially, weaning is more about Baby getting used to food than it is about nutritive value – as long as the food is healthy, there’s no reason for mothers to stress. The three main food groups for starter foods are:

• Fruit
  Fruit is easily digested, and is ideal for Baby’s first food. Ripe, seasonal fruits can be finely grated or pureed (no cooking required) and from six months, can be cut into finger food pieces.

• Vegetables
  Also an excellent first food option, veggies simply need to be lightly cooked or steamed, and can be served as a puree or finger food. Butternut, carrots, hubbard squash, pumpkin and gem squash work well initially, and from about eight to 10 months, sweet potato, potato and finely chopped greens like spinach and broccoli can be added.

• Processed baby cereals
  After eating refined cereals, many babies become constipated or ‘mucousy’, and may develop skin rashes, making this the least advisable choice of first foods. Maize and rice cereals are generally least problematic; wheat cereals and those with milk solids are more so.

No-nos and go-slow

• Do not add sugar, salt or butter to a baby’s foods.
• Never force Baby to eat, and do not resort to bribes.
• Never offer Baby unhealthy snacks like biscuits, crisps or sweets.
• Do not add cereal to a baby’s bottles.
• Restrict dairy products, as little ones are often allergic to these.
**FEEDING**

**MICROWAVE STEAM STERILIZER**
- Fits most wide neck and standard neck bottles.
- Safety longs included.
- Single-handed operation allows for easy handling.

#1004278

**MEDICAL STARTER SET**
- Comprises a medicine spoon, nasal aspirator, pair of baby tweezers, medicine dropper and digital thermometer.
- Medicine dropper features a simple, easy-squeeze bulb with clear dosage markings.

#1028531

**BABY GROOMING SET 6 PIECES**
- Comprises of comb, ultra-soft bristle brush, nail clippers, toothbrush, baby scissors and nail file.
- Comes with a handy pouch to keep all items neatly together.

#1028578

**BABY BOTTLE DRYING RACK**
- Easily folds to ensure that it utilises minimal cabinet or counter space.
- Each rack holds up to 8 bottles, caps, rings and teats.
- 2-way water drainage.

#1017880

**FEEDING BOWL & SPOON SET**
- Suction base secures tightly to smooth surfaces to prevent spills.
- Heat-sensitive spoon.
- Bowl lid seals tightly, keeping food free from contamination.

#1028576 Red
#1028575 Blue
#1028577 Green

**SAFETY FOOD FEEDER**
- Introduce baby to new tastes and textures while reducing the risk of choking.
- Baby can safely enjoy all the goodness of the food.
- Silicone pouch can easily be replaced or cleaned.

#1028384 Green
#1028382 Blue
#1028383 Pink

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- Easily folds to ensure that it utilises minimal cabinet or counter space.
- Each rack holds up to 8 bottles, caps, rings and teats.
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#1028382 Blue
#1028383 Pink

**BOTTLE/FOOD WARMER**
- Fits most brands and sizes of wide neck and standard narrow neck bottles.
- It has a convenient food bowl to heat up baby’s food, a separate hand-operated orange juicer.

#1018326

**BREASTMILK STORAGE BAGS – 25 PIECE**
- Pre-sterilised, ready-to-use storage bags.
- Ideal and safe for storing and freezing excess expressed breast milk for future use.
- With easy zip seal, leak-proof bags hold up to 150ml.

#1023792

**SNOOKUMS ELECTRIC BREASTPUMP**
- Perfect for busy moms who need an easy, convenient and discreet way to express breast milk.
- Comes with a built-in rechargeable lithium battery, that will last up to 1.5 hours when fully charged, for use on the go.
- All components are BPA-FREE, so no harmful chemicals can leak into your babies feeding system.

#1027086

**Quality products at everyday low prices**
**ELECTRIC BREASTPUMP**

- Discreet and comfortable to use, our Electric Breast Pump makes it easy to give your baby all the benefits of your breastmilk, even when you are not there.

  #1020182

**MANUAL BREASTPUMP**

- Our Manual Breast Pump is the simplest way to express milk for your baby in complete comfort.

  #1009262

**BREASTLIKE SOOTHERS**

- Orthodontic.
- Flexes and stretches to provide a natural soothing experience.
- Curves away from baby’s face for better airflow.
- Made from medical grade silicone.
- Available in 0-6 and 6-18m.
- BPA free.

  #1028872/3

**MILK STORAGE BOTTLES**

- Closer to Nature® Milk Storage Bottles enable you to collect, measure, and store your expressed breastmilk without spilling a drop.
- Suitable for cooling/heating and freezing/thawing.

  #1027523

**MICROWAVE STEAM STERILISER**

- Compact and easy to use, the Microwave Steam Steriliser is a quick, chemical-free sterilising system designed to kill 99.9% of germs.

  #1009261

**PERFECT PREP™**

- The Perfect Prep™ makes a fresh bottle, at the correct temperature, in less than 2 minutes.
- Filter system removes impurities from water.
- Initial “hot shot” kills any bacteria.

  #1027522

**ELECTRIC STEAM STERILISER**

- Our sleek, space-saving Electric Steam Steriliser is a quick, chemical-free steriliser system designed to kill 99.9% of germs.

  #1029279
**ONE PIECE SILICONE PACIFIER, 0 MONTHS+**
- Soothing baby is simplified with Dr. Brown’s® HappyPac™ – the soft silicone pacifier shaped like Dr. Brown’s bottle nipple.
- Contoured butterfly-shape shield curves away from baby’s face.
#1024150/1

**INSULATED BOTTLE TOTE**
- Holds up to 4 Dr Brown’s bottles – convenient for travel.
- Convertible fasteners to secure all sizes.
- Made with Neoprene – water-resistant and cushioned.
- Removable icepack included.
#1027918 Polka dot
#1028286 Black

**CHEERS 360 CUP WITH HANDLES 250 ML**
- Sip-and-see clear silicone valve for transition to big kids cup. Drink from any edge for leak-free learning.
- Shaped like a real cup with bevelled sides.
- Handles help baby grip and sip on their own.
#1028287 Pink
#1028288 Blue

**DELCUXE ELECTRIC BOTTLE AND FOOD WARMER**
- Easy-to-use operation.
- Electronic controls with cycle indicator plus an auto shut-off when cycle is complete.
- Built-in accessory tray holds bottle parts, nipples, and even pacifiers.
- Also includes tongs and measuring cup.
#1025708

**DELCUXE BOTTLE STERILISER**
- Warms several bottles before refilling needed.
- Easy-to-use LCD control panel with 1-button start function.
- Audio and visual alerts when warming cycle is complete with auto shut off.
#1028289
**MICROWAVE STEAM STERILISER**
- Dual action: sterilises and disinfects.
- Kills 99.9% of bacteria.
- Holds 5 standard or wide-neck bottles.
- Fast 5 minute sterilisation.
#1003959

**STERILISATION TONGS**
- Comfortable grip.
- Enables safe removal of sterilised utensils.
- Suitable for grasping both slim-neck and wide-neck bottles.
- Long neck for easy grip.
#1025224

**MULTI-FUNCTION STERILISER**
- Steriliser, bottle and food warmer all in 1.
- Sterilises 5 wide-neck or standard bottles in 9 minutes.
- Bottle warmer keeps milk ready for feeding.
- Food warmer to prepare healthy food.
#1003866

**RAPID STEAM STERILISER**
- Fast 6-minute sterilisation.
- Destroys harmful bacteria effectively.
- Holds various bottles and accessories.
- Energy-saving auto switch off.
- Translucent lid to view items.
#1023637

**BOTTLE AND FOOD WARMER**
- 3 heating modes for different needs with no destruction of nutrients.
- Designed to warm breastmilk and heat baby’s food.
- Ladle to prevent scalding and ensure easy retrieval of bottles.
#1003948
Chicco, the Italian masters of baby care, have just celebrated 61 years of dedication to the world of babies. Originally a medical company, Chicco began exploring the world of baby care after the success of their early baby medical supplies. Chicco employs top international doctors, gynaecologists, paediatricians, dentists and occupational therapists to ensure that every Chicco product that leaves the laboratory is speaking directly to parents’ and babies’ needs.

POCKET SNACK BOOSTER SEAT
- Allows baby to sit at the table and eat with the family.
- Practical and easy to install and use.
- Easily keeps clean with a wipe.
- Available in dark grey.
#1028600

EASY LUNCH HOOK ON CHAIR
- Practical to use. Hooks safely and quickly onto almost all table surfaces.
- Perfect for indoors and outdoors.
- Approved for use from 6 months.
- Can be used in place of a high chair.
#1028601 Mirage

MICROWAVE STERILIZER
- Safe to sterilise bottles, teats and jars in the microwave.
- Holds 5 Wellbeing bottles and 4 Step Up bottles.
- Adapts perfectly to all types of microwave ovens.
- Practical.
#1028606

ELECTRIC STERILIZER
- Uses steam to naturally and easily disinfect all baby items.
- Can be used on bottles, teats, pacifiers and utensils.
- Can also be used for teethers.
- Safe and practical.
- Comes with free feeding bottle.
#1025118

BOTTLE WARMER
- Keeps baby bottles warm during feeding times.
- Heats up fast and economically.
- Compatible with most bottles on the market.
- Heats jars and bottles.
#1028607
ORTHODONTIC SOOTHERS
• Designed by German orthodontists, modelled on the shape of the mother’s breast while breastfeeding.
• NEW NUK shape is thinner, flatter and narrower.
• Microwavable packaging.
• Trendy designs.
• No nipple confusion.
• 95% baby acceptance.

VARIO EXPRESS STEAM STERILISER
• Rapid and safe sterilisation of feeding bottles and accessories in only 6 minutes.
• Light signal and automatic switch-off (for safety and energy saving).
• Compact, modern and user-friendly.
#1027884

THERMO EXPRESS FOOD WARMER
• Warms baby food the rapid gentle way in just 90 seconds.
• Automatic switch-off feature.
• Suitable for liquid and solid food in conventional jars or bottles.
#1027883

EVILOVATION CUP RANGE
• A grow-with-me range of cups.
• Trainer Cup with soft spill-proof TPE spout and easy-grip handles.
• Magic Cup with 360-degree drinking rim.
• Action Cup with soft silicone straw.
#1028730/1/2/3/4/5

STEP 1 – PACIFIER
Birth to 5 months
• Satisfies baby’s natural sucking reflex action.
• Natural soft shape.
• Raised base of nipple facilitates sucking movement.
#1017371

STEP 2 – PACIFIER
5 months and over
• Encourages weaning.
• Lip contact area allows for correct mouth movement.
• Trains baby to close mouth.
#1017372

STEP 3 – PACIFIER
8 months and over
• Thin tip area promotes healthy development of teeth.
• Fits the mouth of a teething baby.
• Soft tip underneath and firm tip on top activates the brain.
#1017373

BRINGING MORE CHOICES TO MOMS
LIQUID CLEANSER
• Removes the toughest formula and food stains.
• Use to clean baby’s accessories as well as fruit and vegetables.
• Gentle on your skin.
• Kills 99.99% of bacteria.
#1003993 450ml
#1028753 650ml
#1028832 700ml Pump Bottle

NYLON BOTTLE BRUSH WITH NIPPLE BRUSH
• Suitable for use with plastic and glass nursers.
• Nipple brush for cleaning teats.
#1003867

2-WAY SPONGE BRUSH
• Folded sponge effectively removes tough stains.
• Unique contoured shape for effective cleaning.
• Finger grip with non-slip dots.
#1018665

POWDER MILK CONTAINER - 3 COLOUR
• Ideal for preparation of bottles at home and away.
• 3 pre-measured sections.
#1003852
WEANING PRODUCTS

BABY’S FIRST FOOD WEANING SPOONS
Feeding Spoon for Purees
- Develops good eating skills for babies who cannot yet squeeze their lips closed.
- Perfect depth to allow baby to sweep the food into the mouth with his/her lips.
- Made of soft, safe materials.
- Gentle feel for babies whose teeth have not yet come through.

"ALL BY MYSELF" DISH & PLATE SET
- Specially designed dish and plate enables baby to scoop up food.
- Fork and spoon icons teach baby where to place cutlery.
- Small spout for drinking liquids.
- Non-slip base prevents dish and plate from tipping over.

FEEDING SPON FOR JUICE AND SOUP
- Contoured to fit the mouth.
- Develops the correct eating technique, even if baby is still not proficient with using their upper lip.
- Soft construction and cup-rounded edges make for an easy transition to cup feeding and drinking.

FEEDING DISH
- Feed baby anywhere, anytime.
- Special section for grinding and feeding.
- Easy to hold.
- Spoon clips snugly onto the inside of the lid.

HOME BABY FOOD MAKER
- Mini food processor all in 1.
- Easy to store.

SELF-WEAN SPOON & FORK SET
From 12 months onwards
- Child-friendly spoon and fork.
- Stopper prevents over-inserting spoon and fork tip into the mouth.
- Suitable for travel.

LEARNING TO EAT "ALL BY MYSELF" BABY CUTLERY SET
- Purchase a piece at a time or the complete set.

WEANING BOTTLE WITH SPOON
- Ideal for early stages of weaning onto solids.
- This delightful little bottle with spoon makes feeding a pleasure at home or away.
- No mess, no fuss and you are still able to cuddle your baby as you feed.

DISPOSABLE BABY BIB 20 PIECE
- Waterproof backing.
- Crumb pocket.
- Self-adhesive tab for adjusting neck size.
- Ideal for home or outings.

ALL BY MYSELF RANGE
FEEDING

SMILE 'N SCOOP SUCTION PLATE & TRAINING SPOON
• Includes 1 smiley-face shaped suction plate and 1 scooper spoon to assist with self feeding.
• Sturdy, deep walls designed for easy scooping.
#1028042

EASY SQUEEZY SPOON
• Soft feeding spoon that holds a full jar of food.
• Gently dispenses pureed food onto the spoon as you squeeze.
• Twist spoon to lock when not in use.
#1019731

FRESH FOOD FEEDER
• Baby can safely enjoy the natural flavour, texture and goodness of fresh food through a protective mesh casing.
• Eliminates the risk of choking.
#1003171

STAY-PUT SUCTION BOWLS – 3 PACK
• Deep bowls in 3 different sizes to help toddlers feed themselves (1 lid).
• Permanently attached suction base helps prevent spills.
• Quick-release suction base tabs.
#1008185

SCOOPER SPOONS
• Maximises baby’s first sideways grip.
• Works with baby’s natural instinct for self-feeding.
• Suitable for left or right hand.
• Extra large spoon bowl scoops more food.
#1027622

WHITE HOT SAFETY SPOONS – 4 PACK
• Soft, heat-sensitive infant spoons.
• Changes colour to indicate when food is too hot.
#1023732

LIL’ APPLE PLATES - 3 PACK
• Cute apple-shaped plates with divided food sections.
#1023731

BABY CITY
it’s the little things.

Quality products at everyday low prices
**SPLASH TODDLER CUPS - 2 PACK**
- Includes 1 cup with removable press-fit training lid.
- Modern, bright designs.
- 200ml capacity for juice, milk or water.
#1028132

**MIRACLE 360 DEGREE TRAINER CUP**
- 360 Degree edge allows drinking from any side of the cup.
- Cup automatically seals when child stops drinking to completely eliminate spills.
- Handles are easy for little hands to hold.
#1026564

**LOVE-A-BOWLS**
- The perfect set of sealed bowls for everyday use.
- Includes: 4 bowls, 4 sealing lids, 2 soft tip easy grip spoons.
#1025457

**MIRACLE 360 DEGREE FRUIT INFUSER CUP**
- Spill-proof 360 Degree valve automatically closes when cup is set down.
- Provides a fun, natural healthy way to flavour water.
- With built-in fruit infuser.
#1029476

**SPLASH BOWLS - 2 PACK**
- Includes 2 bowls with non-slip bottoms.
- Deep walls for easy scooping.
- Bowls nest together for easy storage.
#1028040

**SPLASH DIVIDER PLATES - 2 PACK**
- Set includes 2 divides plates with non-slip bottoms.
- Deep walls for easy scooping.
- Plates nest together for easy storage.
#1028041
**SILICONE BIBS**
- Made of soft silicone that will keep your baby's clothing clean and dry.
- Scoop to catch all the mess.
- Adjustable button closure.
- Easy to clean silicone.
  #1028866 Pink
  #1028867 Blue

**GARDEN FRESH™ SQUEEZE FEEDER™**
- Comes with 2 spoons: One for soft foods and the other for semi-solid foods.
- The protective cover keeps food from leaking, making the Squeeze Feeder™ ideal for travel.
  #1024064

**EEZE SQUEEZE™**
- Durable silicone feeding bulb.
- Squeezable tinted silicone base.
- Safe and easy self-feeding. Perfect for little hands.
- Protective cover keeps spout clean.
  #1026313

**EASY GO™ SUCTION BOWL AND SPOON**
- Non-slip suctioned base that keeps the bowl firmly in place during feeding.
- Lid seals tightly to keep food fresh while being stored.
- Dishwasher and microwave safe.
  #1028824 Boy
  #1028825 GH

**THE NIBBLER**
- Allows your child to eat whole foods without the risk of choking.
- "Squeeze & Twist" locking system keeps child from opening The Nibbler.
- Great way to introduce soft solids.
  #1017081

**HEAT SENSITIVE SPOONS**
- The soft tip Heat Sensitive Feeding Spoons are safe on tender gums.
- Tip changes colour if food is too hot.
- The long handle is comfortable for mom to hold.
  #1015284

**WEANING SPOONS**
- Long Easy Grip™ handle that is comfortable for mom to hold.
- Perfect for later baby jars.
- Fun bright colours.
  #1023153

**FORK & SPOON SET**
- The soft Easy Grip™ handle is comfortable for little hands to hold, promoting self-feeding.
- Contoured to fit child's hands.
- Fun bright colours.
  #1028865
SIPPY CUPS - 36M+
- Our sippy cups have spill-proof valves so you can spend more time with your active little one and less time mopping up spills.
- Assorted designs are available.

360 CUPS
- The clever spill-proof, lip-activated valve allows toddlers to drink from anywhere around the rim.
- Available in 200ml with handles for 6m+ and as a 250ml tumbler for 12m+.
  #1028878/9/80/81

COOL AND MASH BOWL
- Our Cool and Mash Bowl incorporates a unique section that allows you to cool and mash a spoonful at a time.
  #102187

STEAMER BLENDER
- Our Steamer Blender makes it easy to prepare healthy meals. It steams vegetables, fruit and meat, preserving key nutrients and flavours.
- Blends food to a range of textures for all development stages.
  #1027521

POP UP FREEZER POTS AND TRAY
- Store home-made baby food simply and safely with our Pop Up Freezer Pots and Tray.
- The push-up bases make it easy to pop out frozen food portions.
  #1020184

TODDLER CULINARY SET
- Lightweight and easy to hold, our Toddler Culinary Set allows your toddler to move from self-handled feeding spoons to metal cutlery easily.
  #1020186

HEAT SENSING SPOONS
- Heat sensing spoons change colour from red to yellow if food is too hot.
- Ideal if you’re using a microwave to heat food, as you can tell at a glance when it’s safe to feed your baby and when it’s not.
  #1009263

FEEDING SPOONS
- Our feeding spoons are designed with a big chunky handle for an easy grip and a wide spoon base to scoop up and hold food in place.
  #1015528

SUPER CUPS
- Clever grip technology means this tough cup resists knocks from little hands, standing firm on hard surfaces, saving floors from spills.
- Available in 190ml for 12 months and 300ml for 18 months.
  #1028874/5/6/7

Bringing more choices to moms
PULP SILICONE FEEDER
- Soft silicone cover allows baby to self-feed on fruits and vegetables through small holes.
- Interior stem forces food towards feeder holes.
- Small handle is perfect for baby’s grasp.
#1028609 Green  #1028608 Blue

GRASS COUNTERTOP DRYING RACK
- Perfect for drying items of all shapes and sizes.
- Easily holds items upright for drying while excess water collects in bottom tray.
- 2-piece – easy to clean.
- Size: 24 x 24cm  #1028615

LAWN COUNTERTOP DRYING RACK
- Perfect for drying items of all shapes and sizes.
- Easily holds items upright for drying while excess water collects in bottom tray.
- 2-piece – easy to clean.
- Size: 34.3 x 28cm  #1028611

SQUIRT BABY FOOD DISPENSING SPOON
- Dispenses just the right amount of food.
- Convenient one-hand feeding.
- Includes storage cup.
#1028613 Green  #1028612 Orange

STEM DRYING RACK ACCESSORY
- Holds bottle and small sippy cup parts.
- Use with Boon countertop drying racks.
- Provides more space for drying larger items.
#1028617 Pink  #1028618 Blue

FORB SILICONE BRUSH AND SOAP DISPENSING BOTTLE BRUSH
- Soft silicone petals clean without scratching bottles.
- Integrated nipple cleaner at end of handle.
- Sturdy silicone helps resist mould and mildew build-up.
- Slip-resistant handle.
#1028619

STMG DRYING RACK ACCESSORY
- Holds bottle and small sippy cup parts.
- Use with Boon countertop drying racks.
- Provides more space for drying larger items.
#1028616

Quality products at everyday low prices
PUDS
• Our Puds options include ingredients such as vanilla custard, berries and beets, and can be served as a pudding portion or a meal on their own.

RICE BITES
• Olli Rice Bites are made from wholegrain rice and are a delicious, on-the-go snack option.

MUESLI BREKKIES
• Our Brekkies provide quick and easy morning meal options.
• Available in 2 variants.

MEALOS
• Mealos variants offer home-style meals made from hearty ingredients and introduce new tastes and textures to help little eaters transition to table food.

YOGGIYM YOGHURTS
• Our Yoghurts are made with Double Cream Yoghurt and sweetened with fruit.
• Available in 2 variants.

SMOOTHIES
• Our Smoothies contain ingredients such as apple, banana, prunes, maize and butternut.

RICE BITES
• Olli Rice Bites are made from wholegrain rice and are a delicious, on-the-go snack option.

QUICK, EASY-TO-SERVE BABY FOOD AND TODDLER SNACKS
• No artificial colourants
• From Mother Nature With Love
• Top quality ingredients
• Mindfully made
• Ideal snack options
• Great taste
**PURITY**

Purity is the number one baby food brand in South Africa, with a heritage that spans more than 60 years. Purity offers a comprehensive range of jars, cereals, beverages and snacks for babies from 6 months old.

**All Purity products are free from preservatives, artificial flavours and colourants.**

All Purity products are Halaal certified.

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**MILESTONE FEEDING CHART**

<table>
<thead>
<tr>
<th>FROM 6 MONTHS (STAGE 1)</th>
<th>FROM 7 MONTHS (STAGE 2)</th>
<th>FROM 8 MONTHS (STAGE 3)</th>
<th>FROM 10 MONTHS (STAGE 4)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Suitable for introducing solids</strong></td>
<td><strong>Introduces a wider range of delicious flavours</strong></td>
<td><strong>Introduces texture to encourage chewing and speech development</strong></td>
<td><strong>Introduces more texture and prepares toddlers for table food</strong></td>
</tr>
</tbody>
</table>
| - Can place their weight on their forearms and lift their head when lying on their tummy.  
- Have doubled their birth weight.  
- Can hold their head steady when sitting.  
- Responds to external stimuli by turning their heads to locate the sound.  
- Are interested in their surroundings and can focus for a period of time. | - Can sit well and move their head from side to side.  
- When on their tummy, can extend their arms completely and lift their head and chest up from the ground.  
- Can grasp objects and moves them to their mouth.  
- Reaches out to objects and people.  
- Responds to the sight of food with excitement. | - Can roll over onto their stomach and back again by themselves.  
- Can get onto their hands and knees as if they want to start crawling.  
- Able to sit alone.  
- Can easily pass an object from one hand to another.  
- Babbles and makes double vowel sound (like mama). | - Walks with support (your hands or along the furniture).  
- Can grasp and release small objects.  
- Say a few simple words ‘Mama and Dada’  
- Uses sounds to try and communicate a desire for something.  
- Understand interactive games like peek-a-boo. |

---

**FROM 6 MONTHS**

**PURITY JARS FROM 6 MONTHS ONWARDS**

**FROM 7 MONTHS**

**PURITY JARS FROM 7 MONTHS ONWARDS**

**FROM 8 MONTHS**

**PURITY JARS FROM 8 MONTHS ONWARDS**

**FROM 10 MONTHS**

**PURITY JARS FROM 10 MONTHS ONWARDS**
PURITY POUCHES
- Ideal as a breakfast, lunch, supper or snack.
- Made with the highest quality fruit and vegetables.
- No preservatives, artificial flavours or colourants.

PURITY CEREALS
- Gluten-free cereals available from 6 months and 7 months.
- Just Add Milk cereal variants – mix the milk you are currently feeding your baby to prepare.
- Just Add Water cereal variants (contains milk powder) – mix with cooled boiled water to prepare.
- Easy to digest and gentle on the tummy.
- Made using only the finest baby grade grains and oats.

PURITY SOFT PORRIDGES
- Suitable for babies and toddlers from 6 months.
- Cream of Maize is easy to prepare and cooks in just 3 minutes.
- Mabele is an instant sorghum-based porridge or drink.
- Finely textured, making it easy to digest and gentle on the tummy.
- Available in a range of delicious flavours.

PURITY INSTANT BABY'S MAIZE PORRIDGE
- No cooking required – instant.
- Easy to digest.
- Based on maize.
- Gluten-free.

PURITY JUICES
- Purity Juices introduce baby to new flavours and are high in Vitamin C.
- Purity Juices are available in a variety of ready-to-drink tetra packs and in juice concentrates.
- Suitable for all ages from 6 months upwards.

PURITY TEA RANGE
- Purity Organic Rooibos & Strawberry and Organic Rooibos & Chamomile teas are delicously refreshing and specifically developed for babies’ and toddlers’ needs.
- Contains no preservatives, artificial flavours or colourants.
FEEDING

Squish 100% fruit & veg purees, 100% pressed juices and ready-to-eat jellies with no nasty colourants, flavourants or preservatives - perfect for a meal or snack, at home or on the go.

APPLE, BANANA + YOGHURT
FRUIT PUREE
- New fruit and veg purees with yoghurt.
- No nasty preservatives, colourants or flavourants.
#1028368

PEAR, BUTTERNUT, YOGHURT + MANGO WITH CINNAMON
FRUIT PUREE
- New fruit and veg purees with yoghurt.
- No nasty preservatives, colourants or flavourants.
#1028367

FRUIT MEDLEY + YOGHURT
FRUIT PUREE
- New fruit and veg purees with yoghurt.
- No nasty preservatives, colourants or flavourants.
#1028369

APPLE, GUAVA + YOGHURT
FRUIT PUREE
- New fruit and veg purees with yoghurt.
- No nasty preservatives, colourants or flavourants.
#1028366

PEACH + PEAR WITH ROOIBOS
FRUIT PUREE
- 100% fruit and veg purees.
- No nasty preservatives, colourants or flavourants and no added starch.
#1028370

APPLE, BEETROOT + GUAVA FRUIT & VEG PUREE
- 100% fruit and veg purees.
- No nasty preservatives, colourants or flavourants and no added starch.
#1028371
**HAPPY TOT SUPER SMART - BANANAS, BEETS & STRAWBERRY**
- Grab this juicy organic blend of beets, bananas and strawberries, made to nourish your tot from the inside out.
- Each Super Smart pouch contains 20mg of DHA and 100mg Choline to support brain health.
#1026371

**TEETHERS SWEET POTATO & BANANA**
- Perfect first snack for baby’s developing gums.
- Our easy-dissolving organic teething wafers soothe and delight.
- Made with jasmine rice flour, organic fruits and vegetables.
#1024728

**PUFFS SWEET POTATO & CARROT**
- Gluten-free finger food snack for babies and toddlers.
- Fortified with Choline for eye and brain health.
- Irresistible in taste and texture.
- Perfect for teaching babies to self-feed.
#1024732

**CREAMIES APPLE, SPINACH, PEAR & KIWI**
- Made with organic fruits and veggies, together with coconut milk which helps support digestive health.
- Each contains at least 40% veggies.
#1024737

**HAPPY TOT VEGGIES - CARROT, BANANA, MANGO & SWEET POTATO**
- The combination of organic carrot, banana, mango and sweet potato provides a FULL serving of organic veggies.
- With this pouch, it’s never been easier for your toddler to eat (and enjoy) his veggies.
#1026370

**HAPPY TOTOATBARS**
- Soft-baked oat bars with organic apples and spinach.
- Our soft-baked oat bars blend whole grain oats, apples and spinach to create a nutritious snack to fill your tot up.
#1026373

**STAGE 2 APRICOTS, SWEET POTATOES & BANANA**
- Delicious puree made with organic fruits and veggies.
- Made for babies 6+ months in 113g pouches.
- Made for stage 2 eaters, but great for any little one who is already comfortable eating solid foods.
#1024718

**ORGANIC GREEK YOGIS - STRAWBERRY BANANA**
- Happy Baby Greek Yogi’s melt in your mouth.
- These freeze-dried yoghurt drops provide babies and toddlers with a boost of probiotics to help support digestive health.
#1026071

**KID OATBARS**
- Soft baked fruit and oat bars are made with wholesome organic ingredients and contain NO added sugar.
- We combine gluten-free oats, milled flaxseed and sunflower seeds.
#1027263
A range of great-tasting drinks, snacks and meals for toddlers and preschoolers with no nasties! The range is free of preservatives, artificial flavours and colourants and is a better choice for young children as well as the whole family.
HiPP baby food encompasses a range of delicious meals – perfect for breakfast, lunch and supper. HiPP products do not contain any flavourants, colourants or preservatives.

*CAlways ask your registered Healthcare Professional or healthcare worker for advice on feeding.

CANDY HIGH CHAIR “MIDNIGHT”
• With removable double tray.
• Easy to fold.
• 5-point harness safety belts.

PESTO HIGH CHAIR “SKITTLE”
• 7 adjustable height positions.
• 3-position reclining seat.
• 2 trays with 3 positions.
• 3-position footrest.

HUMBI HIGH CHAIR
• Easy-to-clean removable tray.
• 3-in-1 desk/table and chair.
• 3-position back rest.
#1027253
meet

**multiply™ 6in1**

A dinner date plus play date all in one; designed as a tasty mealtine chair, big stuff booster, or play table treat.

- 6 modes including baby mode highchair, traditional highchair, booster, portable booster, toddler chair and play table.
- Seat and frame fold compactly and stand when folded.
- 5 height adjustments.
- 4-position adjustable tray with cupholder.
- Clever tray storage on back of legs.

meet

**mimzy™ lx**

With multiple adjustments, mimzy lx will grow with your child from 6 months to 3 years.

- So Happy Together: Stylish and functional low profile frame gives easy access to baby and a perfect fit to the table.
- Born to Grow: Adjusts to fit quickly growing children with various tilt, height, calf support and footrest options.
- Soft and Secure: SoftTouch Harness Restraint is ultra soft and gentle on baby’s sensitive skin while keeping baby safe and secure.

meet

**mimzy™ snacker**

A sweet and savoury mealtine must-have with a fast, compact fold and simple, no-fuss features.

- Folds in a Flash: Unique, 1-hand fold located in the seat closes up ultra flat in an instant.
- Compact and Convenient: Ultra lightweight and compact for travel with convenient tray storage located on the back of seat.
- Born to Grow: Adjusts to fit growing children with 3 seat recline angles. Suitable from 6 months - 15kg.
How to love your breastfeeding days

Breastfeeding is one of the amazing life experiences a woman and her baby can share and benefit from. Your body and your baby are ‘designed’ to nurse well. Relax, and Baby will relax – and feed well too.

Sister Lilian’s six steps for nursing success

Follow this approach and you’re likely to avoid all the common problems like engorgement, sore nipples, blocked ducts and mastitis - after all, prevention is better than cure!

1. The most important thing you can do to ensure successful breastfeeding is to really want to nurse your baby, and to believe in your ability to do so. Tell your doctor and midwife that you would like to breastfeed, and know that breast really is best.

2. Keep Baby skin-to-skin on your chest and feed her within an hour of birth. This might be easier after a natural delivery, but if your doctor is aware of your desire to ease the breastfeeding process after a Caesar, a healthy Baby can be put to breast in the operating theatre.

3. In the first few days, let Baby suckle whenever he wants, so he gets colostrum, the liquid gold first milk. Give Baby some time to nuzzle at your breast if he is unsettled. If Baby struggles to latch, gently drop his forehead a little away from you, allow him to open his mouth wide enough, then gently pull downwards on his chin as he latches. Don’t be tempted to give any supplemental feeds! When Baby fusses at the breast, feed him while you take a warm bath, or latch him while you walk.

4. Breastfed babies often need to feed with a few ‘courses’ each time – starters, main meal, pudding and sometimes even an after-dinner mint! Do not think you have insufficient milk. Between ‘courses’, Baby might need to nap for 10 minutes, have a nappy change or simply lie in your arms until his tummy is ready for the next course.

5. Around Day 3, when your milk comes in, feed Baby frequently to avoid painfully full breasts, blocked ducts and mastitis. Allow Baby to suckle at the first breast until he takes a break. He’ll then suckle from your other breast, take another short break, and probably drink a third time.

6. Avoid test weighing - it is often inaccurate and anxiety provoking. If Baby has five or six wet or soiled nappies each day, you have enough milk.
TRAVEL
Prams... pushchairs... strollers... travel systems... With so many options on the market, what's the best option for you?

**Car seats**

According to South African law, your child needs to travel in a car seat until he or she is three years old. Car seats come in a variety of sizes, meaning there's a perfect seat for your child at every stage of his/her development.

**Prams**

A pram is the ideal way to keep your little one on the move right from birth. Thanks to its lie-flat position, it can keep your newborn safe and secure.

**Pushchairs**

Pushchairs offer a variety of options and can be forward-facing or parent-facing, depending on what you prefer. They can also recline, making them a great option for both babies and toddlers.

**Strollers**

Do you travel a lot by car, on public transport or in aeroplanes? A stroller may be the perfect solution for you. They are super light, which makes them the ideal choice for families on the move.

**Tandems/Doubles**

Got more than one little one? Tandems and doubles offer a variety of options to keep you on the move with two children. Many of them offer a lie-flat option for one newborn, and a comfortable seat for a toddler.

**Travel systems**

A travel system offers the best of many worlds, with a standard pushchair or stroller chassis to which a car seat can be attached. This means you can move Baby from home to the car effortlessly, with no need to wake him or her up.

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**CAR SEAT SAFETY STRATEGIES**

Every parent understands how important it is to keep their little one safe in the car. However, many people struggle to correctly fit and use a car seat. In fact, the statistics show that more than half the baby and child car seats on the road today are fitted incorrectly. It’s very important to take the time to read the instructions that come with your car seat and to get help with the installation if necessary.

The first step is to talk to our in-store baby care experts and make sure that the seat you are looking at buying is suitable for your car. You’ll need to tell them what make and model your car is, and also let them know if your car seat will be moved from one car to another.

Right from their very first journey home from the hospital, babies need to be in a rearward-facing car seat. These offer the best possible protection for small babies who do not yet have good control over the muscles in their head and neck. Your baby should travel in this rearward position for as long as possible. Bear in mind that car seats are not tested by the age of your baby – they are tested by how much weight they can carry and the height of the child.*

If you get a chance, practise putting the baby seat in before your little one arrives. Make sure you keep the instructions handy until you are completely confident on how to get the car seat in and out.

Does your car have ISOFIX mounts? If so, consider investing in an ISOFIX car seat. This way, you lessen the risk of making any mistakes when you install your little one’s car seat. By simply attaching an ISOFIX-compatible car seat to mounting points in your car, you make travel as simple as A B C.

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*Size = Height
Belted/isofix = Weight

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**Brought to you by**

Joie™

www.babycity.co.za
meet stages™ car seat

A brilliant companion born to grow as quickly as your child from 0-7 years.

- Group 0+/1/2 car seat begins as a rear-facing infant seat, and converts to a forward-facing group 1 and 2 seat.
- Grow Together™ multi-height headrest and harness system adjusts simultaneously and requires no rethreading of harness.
- 4 recline positions: 1 rear-facing and 3 forward-facing.
- 5-point harness with shoulder and lower buckle covers.
- Easy 1-hand height-adjustable headrest.

meet every stage™ car seat

The ultimate transporter that makes growing up easy from teeny tiny to 12 years.

- Group 0+/1/2/3 car seat begins as a rear-facing infant seat, and converts to a forward-facing group 1, 2 and 3 seat.
- 6 recline positions: 2 rear-facing and 4 forward-facing.
- Guard Surround Safety™ panels provide extra side protection and fold into seat when not in use.
- Grow Together™ multi-height headrest and harness system adjusts simultaneously and requires no rethreading of harness.
- Custom Harness Hideaway™ compartments store the 5-point harness when using as a Group 2 booster.

Fashion colours may change during the course of the year. All car seats are European tested and approved (ECE R44/04 for Belted/ISOFIX) (UN R129 for i-Size).
meet **bold™ car seat**

A triple trooper with bonus harness protection up to 25kg. Makes growing up fast, simple and secure with ever-snug ISOFIX and vehicle belt installation.

- Extended 1-pull motion 5-point harness usage all the way up to 25kg.
- 3 cosy recline positions.
- Side impact protection provides added security for the head, body, and hips.
- Guard Surround Safety™ panels provide extra side impact protection and fold into seat when not in use.
- Grow Together™ headrest and harness system adjust simultaneously and require no rethreading of harness.

meet **every stage™ fx car seat**

The ultimate transporter with group 1 forward-facing ISOFIX install.

- Group 0+/1/2/3 car seat – suitable rearward-facing from birth to 18kg/4 years and suitable forward-facing from 9kg to 36kg/12 years.
- Installation with ISOFIX and top tether when forward facing in Group 1.
- ISOSAFE connectors keep seat positioned in vehicle for Group 2/3.
- 6 recline positions: 2 rear-facing and 4 forward-facing.
- Grow Together™ multi-height headrest and harness system adjust simultaneously and require no rethreading of harness.

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Fashion colours may change during the course of the year. All car seats are European tested and approved (ECE R44/04 for Belted/ISOFIX) (UN R129 for i-Size).
meet trillo™ car seat

A cosy and convenient companion that tags along from 3-12 years.

• Group 2/3 car seat – suitable forward-facing from 15-36kg.
• Side impact protection provides added security for the head, body and hips.
• 1-hand, 7-position height-adjustable headrest accommodates children of all sizes.
• Two tuckaway cupholders hold little one's essentials.
• ISOSAFE connectors lock the seat securely into place.

meet elevate™ car seat

A streamlined guardian that grows to go the distance.

• Group 1/2/3 car seat – suitable forward-facing from 9kg to 36kg/12 years.
• Side impact protection provides added security for the head, body, and hips.
• 1-hand, 9-position height-adjustable headrest.
• Grow Together™ headrest and harness system adjusts simultaneously and requires no rethreading of harness.
• Easy installation with lock-off device.

Fashion colours may change during the course of the year. All car seats are European tested and approved (ECE R44/04 for Belted/ISOFIX) (UN R129 for i-Size).
AFFIX BOOSTER SEAT

- Suitable from ±3 to ±12 years (15-36kg).
- 1-hand front adjustable ISO-LATCH system that connects to vehicle’s ISOFIX anchors securing seat.
- ISO-LATCH connection keeps booster safely secured to the vehicle, even when the seat is unoccupied.
- Safety Surround Side Impact Protection built into both the side wings and headrest.
- Keeps backless booster steady for easy self-buckling for your independent child.
- Backrest contains EPS (energy absorbing foam for effective impact energy management) for full-coverage back support even as your child grows.
 você está aqui: Travel

**KeyFit Car Seat Base**
- Base for the KeyFit car seat.
- Easy to click seat out and move from 1 car to another.
- Installed with seat belts.
- Boosts child and provides extra protection.
- #1019064

**KeyFit**
- Premier newborn infant car seat for style, comfort and safety.
- Thickly cushioned seat with energy absorption for extra protection.
- Seat belt installation.
- #1021742

**Group 0+ and 1**
- Weight 0kg to 18kg
- Newborn

**Group 0+, 1 and 2**
- Weight 0kg to 25kg
- Newborn to 7 Years

**SeatUp Black**
- Rear and front facing.
- Installation with seat belts and ISOFIX.
- Available in pearl (grey) and black.
- #10251117 / #1028604

**Youniverse**
- Installation with car seats and ISOFIX.
- Front and rear-facing.
- #1028603

**Group 1, 2 and 3**
- Weight 9kg to 36kg
- 12 Months to 12 Years

**Fold ‘N Go**
- Compact, fold down unit that can easily pop in the boot of the car between journeys
- Side impact protection
- Installed with Isofix
- #1029151

We are all about babies
As side impact collisions account for a significant percentage of child crash fatalities, Bambino introduces the new ADVANCE car seat, fitted with Full Side Protection System technology. The EPS foam energy management cushion absorbs the forces of a side collision before they reach your child.

“ADVANCE”

- Group 1/2/3 (±1 year - 12 years / 9kg - 36kg)
- 4 Position Recline

Most easy-operation with patented NEW ISOFIX SYSTEM

- 9-position adjustable headrest

Group I (9kg - 18kg)
Gr II - Gr III (15kg to 36kg)
CONSIDER YOUR CAR
Before you go to Baby City to buy a car seat for your new bundle of joy, read your vehicle’s manual carefully. This will tell you where the car seat will be placed and how it needs to be installed.

CHOOSE THE RIGHT SEAT FOR YOUR CHILD
When choosing your car seat, you need to consider your child’s height, weight and age. It is recommended that children travel in rear-facing seats until their head is 25mm away from the top of the car seat. Thereafter, your little one should be in a forward-facing seat until they reach the maximum weight or height for that specific car seat.

Booster seats are the next solution, custom-designed for children of usually over 4 years of age or 20kg. Booster seats are always used in the back seat, and you need to make sure that the shoulder and lap belts both fit your child snugly.

How to choose your car seat

**GROUP 0+**
- Weight: 0kg to 13kg
- Newborn to 1 Year

**GROUP 0+ and 1**
- Weight: 0kg to 18kg
- Newborn to 4 Years

**GROUP 0+/1 and 2**
- Weight: 0kg to 25kg
- Newborn to 7 Years

**SNUG ‘N SAFE TOO**
- Rearward-facing infant carrier from birth to 13kg.
- 5-point harness.
- #1028138

**NUVO**
- Rearward-facing from birth to 13kg.
- Forward-facing from 9kg to 18kg.
- Can be used with short vehicle seatbelts.
- #1028269

**EMBRACE**
- Rearward-facing from birth to 13kg.
- Forward-facing from 9kg to 18kg.
- Booster seat from 15kg to 25kg.
- Can be used with short vehicle seatbelts.
- #1028139

**ELEGANCE**
- Forward-facing car seat and booster seat.
- Converts to booster.
- Can be used with internal harness up to 25kg when installed with top tether and seatbelt.
- #1028787

**SHADO**
- Forward-facing from 9kg to 18kg with internal harness.
- Booster seat from 15kg to 36kg with car seatbelt.
- #1028266

**AGE GROUP**
- Newborn to 1 Year
- Newborn to 4 Years
- Newborn to 7 Years
- 9 Months to 12 Years

**WEIGHT**
- 0kg to 13kg
- 0kg to 18kg
- 0kg to 25kg
- 9kg to 36kg

**WEIGHT RANGE**
- Newborn to 1 Year
- Newborn to 4 Years
- Newborn to 7 Years
- 9 Months to 12 Years

**NEWBORN TO 7 YEARS**
- 0kg to 25kg

**Newborn to 1 Year**
- 0kg to 13kg

**Newborn to 4 Years**
- 0kg to 18kg

**Newborn to 7 Years**
- 0kg to 25kg

**9 Months to 12 Years**
- 9kg to 36kg

**9 Months to 12 Years**
- 9kg to 36kg

**9 Months to 12 Years**
- 9kg to 36kg

**9 Months to 12 Years**
- 9kg to 36kg
THINK ABOUT SPACE IN YOUR BACK SEAT
If you choose a car seat with a large base, it may not fit into a small car. Other things to think about include how many car seats you need to fit in – including car seats for any children that you are planning to have in the future. Measure your back seat carefully before you buy a car seat.

In-store installation advice
When you go to Baby City to make your purchase, take a tape measure with you.

FIND A SEAT THAT’S EASY TO CLEAN
Hygiene is another important factor to consider when choosing your car seat. Ones made from a smooth fabric will wipe clean far more easily than one with a textured fabric like corduroy.

ISOFIX
If you have ISOFIX mounts in your car, then you can invest in an ISOFIX car seat. This system is designed to make it super easy to install your child’s car seat, making it both super safe and incredibly comfortable for your little one.

How to choose your car seat

ATLAS
- Extended rearward-facing car seat.
- Rearward-facing from birth to 18kg.
- Forward-facing from 9kg to 18kg.
- Booster seat from 15kg to 36kg.
#1028140

GROUP 0+, 1, 2 and 3
Weight 0kg to 36kg
Newborn to 12 Years

GROUP 0+, 1, 2 and 3
Weight 0kg to 36kg
Newborn to 12 Years

GROUP 2 and 3
Weight 15kg to 36kg
3 Years to 12 Years

UNIFY
- Extended rearward-facing ISOFIX rotate.
- Rearward-facing from birth to 18kg.
- Forward-facing from 9 to 18kg.
- Booster seat from 15 to 36kg.
#1028935

AGE
GROUP 0+, 1, 2 and 3
Weight 0kg to 36kg
Newborn to 12 Years

AGE
GROUP 0+, 1, 2 and 3
Weight 0kg to 36kg
Newborn to 12 Years

AGE
GROUP 2 and 3
Weight 15kg to 36kg
3 Years to 12 Years

OPTIO
- Highback booster seat from 15kg to 36kg.
- Adjustable headrest.
- Side impact protection.
- Double layer seat padding.
#1028302

AGE
GROUP 1, 2 and 3
Weight 9kg to 36kg
9 Months to 12 Years

XPANDER
- Forward-facing from 9kg to 18kg.
- Booster seat from 15kg to 36kg.
- Backrest expands as you adjust the headrest.
- Height-adjustable headrest.
#1028047

AGE
GROUP 1, 2 and 3
Weight 9kg to 36kg
9 Months to 12 Years

GALAXY TRAVEL SYSTEM
- Galaxy Stroller with removable bassinet.
- Use with the stroller seat, bassinet or car seat.
- Car seat can be used with ISOFIX or 3-point vehicle seat belt to secure.
#1024968

AGE
GROUP 2 and 3
Weight 15kg to 36kg
3 Years to 12 Years

GALAXY ISOFIX BASE
- ISOFIX Base for Galaxy Car Seat.
#1026281

AGE
GROUP 2 and 3
Weight 15kg to 36kg
3 Years to 12 Years
TRAVEL

LIKI TRIKE
• 6 months to 5 years.
• No assembly required.
• Stroller converts into tricycle.
• Smallest folding trike in the world.
• Adjustable handle.
• Sunshade and bag included.
#1027870/1

DOONA CAR SEAT
• From birth to approximately 2 years.
• ADAC 2.4 safety rating.
• Converts from car seat to stroller at the push of a button.
• Aircraft approved.
#1028305/4

POCKET+
• 3+ years.
• With its exceptional design innovation, the gb Pockit+ is 1 of the smallest folding strollers and ideal for traveling.
• One-handed fold.
# 1027222

QBIT+
• 3+ years.
• Luxury traveller.
• Lightweight.
• One-handed fold.
# 1027311

We are all about babies
MIINIMO2 ADAPTOR BAR FOR CAR SEAT

- To be used with the KeyFit car seat and the Minimo2 stroller to convert into a travel system.

#1028599

MIINIMO2

- Fully reclinable backrest.
- 7 Backrest positions.
- Suitable from birth.
- Folds up into 1 of the most compact strollers on the market.
- Easy 1-hand fold system.
- Can be used with KeyFit car seat and adapter bar to create a compact travel system. (Sold Separately).

#1028598
TRAVEL

We are all about babies

Maximum Safety

PEARL PRO I-SIZE
- i-Size safety.
- Rearward and forward-facing.
- Installation feedback with 3-way fix base.
- Easy-in harness.
#102394

RODIFIX AIRPROTECT
- Quick and comfortable seat.
- Car seat equipped with ISOFIX anchorages.
- Can recline.
#1017219

KORE PRO I-SIZE
- i-Size safety.
- Quick and easy to buckle up.
- Click Assist Light.
- Cocoon shell for full side protection.
- Side Protection System Plus (extra protection for the shoulder area).
- One-hand headrest and backrest adjustment from the side.
- Bamboo temperature regulating fabrics.
#1029396

CABIOFIX
- Compatible with FamilyFix base.
- Side protection system.
- Extra-comfortable head support.
- Flexible travel system.
#1010970

PEBBLE PLUS
- i-Size (R129) safety.
- Part of 3-way car seat family.
- Comfortable baby-hugg inlay.
- Flexible travel system.
#1023958

AGE
GROUP 0+ and 1
Weight
0kg to 13kg
6 months to 4 years

GROUP 0+ and 1
Weight
max 18.5kg
3.5 years to 12 years

AGE
GROUP 2 and 3
Weight
15kg to 36kg

AGE
GROUP 2 and 3
Weight
0kg to 13kg
3.5 years to 12 years

AGE
GROUP 0+
Weight
0kg to 13kg
Newborn to 12 months

AGE
GROUP 0+
Weight
0kg to 13kg
Newborn to 12 months

AGE
GROUP 0+
Weight
0kg to 13kg
Newborn to 12 months

We are all about babies
CAR SEAT SAFETY TIPS
Maxi-Cosi car seats are among the safest on the market, but you need to install them carefully and use them correctly. Read our safety tips for using your car seat so that you will get the very best out of them. For information on how to use your baby, toddler or child car seat, enquire in-store.

In-store installation advice
meet **nitro™ lx pram**

A handy travel mate keeping mum and mini rolling with ease.

- Suitable from birth with flat-reclining seat.
- Multi-position cord recline.
- 2-position adjustable leg rest.
- SoftTouch, 5-point harness with shoulder covers.
- Single step, ShoeSaver brake.

meet **pact™ pram**

A compact stroller with 1-hand fold making every day a breeze.

- Suitable from birth with flat-reclining seat.
- Pairs perfectly with Joie gemm infant car seat (sold separately).
- Full-size canopy with eyeshade visor.
- Multi-position recline for backrest tilt options.
- 2-position calf support.

Fashion colours may change during the course of the year.

We are all about babies
meet brisk™ lx pram

A spontaneous sidekick in the brisk™ family, loaded with even more luxury.

• Precision-performance lightweight aluminium chassis.
• Suitable from birth with flat-reclining seat.
• Built-in carry handle.
• Multi-position calf support gives two comfy options.
• Large, expandable hood with window and retractable visor provides custom shade options for baby.

Universal Black
#1025293

meet aire™ twin pram

A double duty cruiser designed to help manage two times the tinies.

• Fits through a standard doorway.
• 1-hand fold with automatic fold lock.
• Individual adjustment for each seat with multi-position recline.
• 2-position adjustable leg rest.
• Adjustable, removable hood with visor and window.

Dark Pewter
#1028593

Fashion colours may change during the course of the year.
meet **muze™ lx** travel system

A deluxe roomy rider with an effortlessly activated 1-hand fold.

- Features an auto gravity fold with automatic fold latch.
- Suitable from birth with flat-reclining seat.
- 4-position mechanical recline.
- Large shopping basket.
- Parent tray with double cup holder and storage.

**INCLUDES**

- Juva™ Group 0+ Car Seat

meet **litetrax™ 3** travel system

A stylish and sporty 3-wheeler with a fuss-free fold.

- Sporty and streamlined 3-wheel chassis.
- Packaged with Joie gemm™ infant seat – no adapters needed.
- Multi-position cord recline.
- 2-position adjustable leg rest.
- Single-step ShoeSaver brakes.
- SoftTouch, 5-point harness with shoulder and lower buckle covers.

**INCLUDES**

- Gemm Group 0+ Car Seat

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Fashion colours may change during the course of the year. All car seats are European tested and approved (ECE R44/04 for Belted/ISOFIX) (UN R129 for i-Size).
meet

litetrax™ 4 travel system

A stylish and streamlined cruiser with a 1-hand fold.

- 4-position mechanical recline.
- 2-position adjustable leg rest.
- Full coverage, expandable hood with window and visor.
- Parent tray and large shopping basket.
- Fits perfectly in small boots.

meet

chrome™ travel system

A tiny tour guide for any mode, on any road. I smooth infant carrier and carry cot connection and I handy must-have flash fold.

- Multi-mode pushchair folds with seat attached in rearward and forward-facing positions.
- Suitable from birth with flat-recline seat.
- Pairs perfectly with gemm™ and i-gemm™ infant seats and chrome™ carry cot (gemm™ and chrome™ carry cot sold separately).
- Rearward and forward-facing seat.
- 2-position adjustable leg rest.

Fashion colours may change during the course of the year. All car seats are European tested and approved (ECE R44/04 for Belted/ISOFIX) (UN R129 for i-Size).
**Snuggletime**

**TRAVEL**

**HEAD AND BODY SUPPORT CUSHION**
- Full head and body support cushion with adjustable length.
- Suitable for all car seats, strollers, bouncers and swings.
  
  #1026553

**2 STAGE HEADY STEADY**
- Super soft head cushion gently cradles and supports baby’s head while sleeping.
- Fits in all car seats, prams and carriers.
- Suitable for premature babies and those up to 12 months.
  
  #1023660

**CUDDLE CUB SECURITY BLANKET**
- Cuddly comforting toy.
- Soft plush blanket.
- Soft satin trim.
  
  #1003130

**ANGEL WINGS**
- Soft, comfortable head cushions.
- Cradles baby’s head and muffles out loud sounds.
- Suitable for car seats, strollers and baby bouncers.
  
  #1023655
TRAVEL TIPS FOR YOUR FIRST ROAD TRIP

• Stock up on extra dummies, you are bound to lose one to two on your holiday.
• Sunshades are an essential to protect baby from not only the harsh UV rays from the sun, but they help to reduce the glare which is uncomfortable for baby.
• Back Seat Organisers are handy for keeping nappies, toiletries and even toys neatly stored and easily accessible when needed.
• A spare empty ice cream tub makes for a useful storage container and car sick box if needed!
• Drinks and snacks, you can never have enough of these to keep little ones busy and of course well hydrated.
• A good head support cushion is important to support baby’s tired floppy head when they fall asleep on long drives.

NAPPY CHANGING CLUTCH

• Comfortable, padded, hygienic area to change baby anywhere.
• Compact travel pouch for nappies, wipes and creams.
#1026558

PORTABLE DIAPER CADDY

• Convenient for bath time or in the nursery.
• Portable, lightweight nappy organiser.
• Holds 24 nappies, wipes, creams etc.
#1028945 Grey
#1024698 Pink
#1024699 Blue

SECURE STRAP

• Padded child-safety harness.
• Adjustable shoulder straps for a perfectly comfortable fit.
#1003138

TRAVEL INSULATED BOTTLE BAG

• Fully insulated bottle bag for busy moms on-the-go.
• Keeps baby’s bottle or food container warm/cold.
• Holds 2 large baby bottles.
#1026557
TRAVEL

ADJUSTABLE BACKSEAT MIRROR
- Allows full view of rear-facing child.
- Extra-large mirror with a wide angle view.
- Safe shatter-proof mirror material.
- Adjustable and easy to remove.
#1026628

STROLLER CLIPS
- Easily secures blankets or fabric covers to strollers.
- Available in black, white, grey, pink or blue.
- Made from sturdy, non-toxic material.
- Available in pack of 4.
#1025599

STROLLERBUDDY® DRINK HOLDER
- Adjustable clamp attachment.
- Fits most strollers.
- Perfect for bottles, sippy cups or other beverages.
- Fits onto the top or side of stroller handles.
#1027468

EZY-FIT GIANT STROLLER HOOK
- Made from strong, lightweight aluminium.
- A convenient way to attach bags to your stroller.
- Fits easily to stroller handles.
#1026627

EZY-FIT STROLLER HOOKS 2 PACK
- Made from strong, lightweight aluminium.
- A convenient way to attach bags to your stroller.
- Fits easily to stroller handles.
#1026626

STROLLER HOOK
- Allows easy attachment of bags to strollers.
- Made of lightweight aluminium.
- Fits onto the top or side of stroller handles.
#1026628

STROLLER CLIPS
- Easily secures blankets or fabric covers to strollers.
- Available in black, white, grey, pink or blue.
- Made from sturdy, non-toxic material.
- Available in pack of 4.
#1025599

BABY RELAX MANGA BOOSTER
- Age 3.5 to 12 years.
- Quick and easy installation with a 3-point standard seat belt.
#1022016

Window SOX.
SUNSHADE

BABY VIEW MIRROR
- Adjustable 2-way mirror helps you keep an eye on your baby in the back seat.
- Can be used for front or rear-view car seats.
- Features a push-button release.
#1010548

BABY ON BOARD
- Attached easily to your car window and reminds others to drive safely.
- Bold colours ensure visibility.
- Available in 3 colours.
- Good quality suction; does not fall off easily.
#1010335 Yellow
#1023162 Pink
#1023163 Blue

BACK SEAT ORGANISER
- Organises child’s essentials.
- Waterproof material, easy to clean.
- Removable travel pouch for on-the-go convenience.
#1011689

CAR SEAT UNDERMAT
- Helps protect car upholstery and secure car seat or infant carrier in place.
- Includes convenient storage pockets for child’s essentials.
- Universal size.
#1011690

WINDOW SOX SUNSHADE
- Provides 80% shade protection for rear door.
#1026408

We are all about babies
Making sure your baby stays safe

Tips for Home Safety

Supervision is probably the biggest key to making sure that your little one is always safe in your home. That may sound obvious, but it can be easy to forget at times of the day when things get busy, such as when you are preparing a meal, having a shower or getting ready to go out.

One of the best things you can do is make sure that someone in your household knows First Aid in case of an accident or emergency. Those few minutes that it takes for emergency services to get to the scene can be the difference between life and death in extreme circumstances.

Babies have a natural instinct to put things into their mouths, and this can prove fatal if small toys, household chemicals or medicines are left lying around. On a similar note, ensure that blind cords, ornaments, power cables and household appliances are kept well out of Baby’s reach. If you’re cooking on a four-plate stove, always make sure you use the back two burners so that a toddler can’t grab the handle of a pan and inadvertently pull the contents onto him or herself.

When your little one is in the bath, never ever leave them alone – not even for a moment. A drowning can occur in just a couple of centimetres of water. Make sure you always test the temperature of bath water to make sure that Baby will not be scalded, and never leave water standing in the bath when it is not in use.

If you have a flatscreen TV in your living room, make sure it is secured to the wall or a table to make sure that Baby won’t ever be able to accidentally pull it down on top of him or herself. The same rule applies to speakers, sound systems and ornaments. If you have any loose carpets, make sure there is a non-slip substance underneath them.
Ensuring home safety

Quick guide to choosing a baby monitor

Baby monitors offer you peace of mind to know that when your baby needs you, you will be alerted straight away.

Additional safety features available with the various monitors include:
- Being able to monitor baby’s breathing.
- Baby’s room temperature display.
- Soothing night light.
- Selection of calming lullabies.
- Full video monitoring.
- Wi-fi capabilities.

Audio (Sound) monitors: An easy to use and convenient option to monitor baby’s room. The portable parent unit gives you peace of mind that you can move freely around your home and remain connected to baby’s nursery to hear when baby needs you. Audio monitors are less expensive and have a large range (up to 250m) compared to video monitors.

Audio with a movement sensor pad: These are sound monitors (as above) which have the added safety feature of a breathing sensor pad which is placed under baby’s mattress. The sensor pad monitors the tiny movements of baby’s breathing and if no movement has been detected for longer than 20 seconds, an alarm will be triggered for parent to respond. These monitors can be used with or without the sensor pad, however, it is recommended that you monitor baby’s breathing for a minimum of the first 6 months as this is the period with the highest risk of sleep apnoea and Cot Deaths.

Video monitors: A video monitor gives you peace of mind to not only hear, but to also be able to see all the activity in baby’s room. The portable parent unit offers you clear audio and a full colour video image over baby’s sleep space. The nursery camera has infrared night vision to be able to see baby even when the lights are turned off and most can link up to 4 additional cameras to one parent unit, should you wish to monitor multiple rooms in the home. The signal range for Video monitors varies from home to home as their signal is affected by the number of walls and concrete slabs in its path. They have a shorter range than sound only monitors, with signal often difficult to receive from upstairs and downstairs.

Video monitors with Wi-fi (smartphone connectivity): These monitors offer all the benefits of video monitors (above) with the added convenience and security of being able to connect to your baby’s nursery from your smart phone, computer from anywhere. You will need to have a Wi-fi connection in your home. Ideal for working /travelling parents. Your video monitor signal range is now not limited to the signal strength of your monitor, but rather limited to your Wi-fi coverage in your home which you can increase with boosters. Certainly the most popular amongst new parents.
Angelcare®
FOR YOUR PEACE OF MIND
World’s #1 Sound and Movement Monitors

Trusted by millions of parents worldwide

ALARM
Will sound if the tiny movements of baby’s breathing are not detected for longer than 20 seconds.

UNDER-THE-MATTRESS
Sensor pad monitors the tiny movements of your baby’s breathing through any thickness mattress.

INSTALLATION
If your crib does not have a solid and stable base (e.g., camp cot), you will need to place a supporting board under the Sensor Pad to ensure accurate operation of the system.

Mattress
Sensor Pad
Support Board
Why do you need an Angelcare monitor?

Angelcare is the world’s #1 sound and movement monitor.

Now available with wireless Movement sensor pad.

Angelcare gives you peace of mind to get the rest you need.

- Movement sensor pad monitors the tiny movements of baby’s breathing
- Built-in Room thermometer in the nursery unit to monitor baby’s room temperature

Trusted by millions of parents worldwide.

- Crystal clear sound transmission with two-way communication
- Portable rechargeable parent unit to be mobile and to stay connected to baby
- Quality baby monitors that you can trust

For advice or assistance in choosing the right monitor for your home or for assistance with setting up your baby monitor, speak to one of our staff members.

AC110 DIGITAL SOUND MONITOR

- Secure digital transmission (DECT).
- 2-way communication.
- Digital room temperature display.
- Soothing night light.
# 1027719

AC320 DIGITAL VIDEO AND SOUND MONITOR

- Secure digital transmission (DECT).
- Digital room temperature display on nursery unit and parent unit.
- Tracks and reports room temperature for up to 2 months.
- Digital zoom and pan with infrared night vision.
- Nursery stand or wall-mount option.
- Built-in soothing nightlight.
- Wide angle camera with infrared night vision.
# 1029481
HOME SAFETY

AC127 DIGITAL SOUND AND MOVEMENT MONITOR
- Movement sensor pad detects the tiny movements of baby’s breathing.
- Alarm will sound if no movement is detected for longer than 20 seconds.
- 2-way communication.
- Room temperature display on parent unit.
- Soothing night light.
# 1028968

AC327 WIRELESS VIDEO, SOUND AND MOVEMENT MONITOR
- Wireless movement sensor pad detects the tiny movements of baby’s breathing.
- Alarm will sound if no movement is detected for longer than 20 seconds.
- Digital zoom and pan with infrared night vision.
- 2-way communication.
- Digital room temperature display on both nursery and parent unit.
# 1028969

ARE YOU EXPECTING TWINS/TRIPLETs? Angelcare can be used to monitor multiples. The AC017 Apnoea Monitor is the perfect add-on for each extra baby.

AC017 WIRELESS MOVEMENT MONITOR
- Wireless movement sensor pad detects the tiny movements of baby’s breathing.
- Alarm will sound if no movement is detected for longer than 20 seconds.
- Nursery stand or wall-mount option.
- Soothing nightlight on nursery unit.
# 1027720
WI-FI VIDEO MONITORS
Now you can connect to your baby’s nursery from anywhere in the world with your smartphone, laptop or computer.
• Ideal for working parents.
• High definition full colour video image.
• Crystal clear sound with two-way communication.
• Connect up to 4 cameras to cover multiple rooms in your home.
• Plays soothing lullabies or white noise.

C125 SMART VIDEO BABY CAMERA
• Stand-alone Wi-Fi cameras.
• Connect to your smart device.
• Infrared night vision.
• Remote zoom, pan, tilt camera function.
• Connects with the C525 as an additional camera to monitor multiple rooms.
# 1029393

C525 SMART VIDEO BABY MONITOR
• Wi-Fi connected to your smart device.
• 1.3cm HD full colour video.
• 2-Way talk function.
• Infrared night vision.
• Remote zoom, pan, tilt camera.
• Plays soothing lullabies & white noise can convert to Wi-Fi monitoring system.
# 1029392
ELEKTRA™ HUMIDIFIERS

Provides efficient relief from the discomfort of dry air

PLATINUM COOL/WARM STEAM HUMIDIFIER 6L
- Ultrasonic.
- 1 to 12 hour timer.
- Aromatherapy dispenser.
- Adjustable mist and humidity output.
- Low electricity usage.
- Convenient carry handle on tank.
  #1016962

ULTRASONIC COOL/WARM STEAM HUMIDIFIER 7.5L
- Ioniser.
- Aromatherapy dispenser.
- Low electricity usage.
- Adjustable mist and humidity output.
  #1003961

ULTRASONIC COOL STEAM HUMIDIFIER 5L
- Adjustable mist control.
- Eco-friendly with low electricity usage.
- Carry handles and non-slip feet.
  #1003964

ELECTRODE WARM STEAM HUMIDIFIERS 3L AND 4L
- Large water tank.
- Aromatherapy tray.
- Cool touch exterior.
- Adjustable mist output.
  #1003963 3L
  #1003962 4L

REDUCES AIRBORNE POLLUTION
SILENT OPERATION
BOIL-DRY PROTECTION

We are all about babies
DIAPER BAG BUDDY
- Baby basics kit with 25 essential items.
- Perfect for the busy Mom on the go - to stash in her baby bag.
- Made from recycled, lead-free plastic.
#1029459

BABY LOVE AROMATHERAPY OILS
- Starter kit includes 4 (100ml) bottles of the popular baby aromatherapy oils.
- Great to diffuse or apply to upper back, chest and feet.
- Recommended for 6 months and up.
- Oils are made of 100% pure essential oil blends.
#1029461/2

LITTLE BUDDY WIPES
- 32 count gentle antibacterial wipes for all kinds of scrapes.
- Kills 99% of germs with the sting.
- Fresh scent that kids love.
#1029461/2

MEDIPRO BABY FIRST AID PODS
- Neatly organised pods that you can size down when you are wanting a smaller first aid kit for on the go.
- Contains 105 items to keep you prepared for your basic first aid needs.
#1029464

AUTO CLOSE GATE
Equipped with a unique gravity-fed hinge, the Auto Close™ closes automatically when the handle is released.
- Automatic, self-closing securely locks into place.
- Pressure indicator assures that gate is installed correctly.
- Pull and lift handle for easy 1-handed adult opening.
#1026549
Having a new baby in the house means you have to have eyes in the back of your head. Thank goodness for the variety of gadgets available to safe proof your home and make being a parent a little easier.

As soon as baby becomes mobile, inquisitiveness sets in. Every object becomes a sensory sensation, the warmth of furry cushion and the smoothness of cupboard door and oh the fun of a drawer that can open and close. Ensure that your home is safe for your little explorer by using the correct item for each potential hazard.

**MULTI PURPOSE LATCH**
- Simple to use in any room in the home.
- Adhesive, so no tools required for installation.
- Super strong adhesive makes applying the latch quick and easy.

#1004212

**CABINET SLIDING LOCK**
- Secures cabinets and doors quickly and easily.
- Simply push down and slide the lock tight against the handles.
- No installation required.

#1004198

**ADHESIVE DOUBLE LOCKS**
- Prevent cabinet doors slamming shut on little fingers.
- Features a dual locking system.
- Adhesive, so no tools required for installation.
- Available in a 2 pack.

#1004220

**SECURE A LOCK**
- Easy to use and install.
- Closes with a simple sliding action.
- Adjustable for convenience use.
- No tools required for installation.

#1004214

**DRAWER CATCHES**
- Easily installed into a drawer frame.
- Suitable for drawers on metal runners.
- Locks automatically when closed.
- Available in a pack of 3.

#1015793
TOILET LOCK
- Super strong adhesive makes applying the lock fast and easy.
- Adhesive backing means no tools are required for installation.
- Suitable for appliances, cupboards and cabinets.
#1004210

REFRIGERATOR AND APPLIANCE LATCH
- Prevent children from opening fridges, freezers and other appliances.
- Locks automatically when closed.
- Adhesive backing for easy application.
- No tools required.
#1026623

OUTLET PLUGS
- Keep your child safe from electric shock.
- Prevent curious children from inserting foreign objects or little fingers into electric sockets.
- Available in a 12 pack.
#1004228

LIBERTY DOORWAY GATE
- Auto close and pressure mounted.
- Fits openings from 75-84cm.
- Can be extended up to 2.8m (extensions sold separately).
#1022241
HOME SAFETY

AUTO CLOSE GATE
• The auto-close stair gate offers a smart and easy-to-use automatic closing mechanism.
• Simply squeeze buttons on the handle to open and let close automatically when shutting.
#1026335

OUTIES PLUGS
• 12 pack.
• Helps protect curious toddlers from unused outlets.
• Removable and reusable.
#1002746

Y-SPINDLE
• Allows Safety 1st pressure fit gates to be fitted onto a ramp, balustrade or any other cylindrical upright.
• Compatible with Safety 1st Easy Close and Auto Close pressure fit gates.
#1026331

CABINET SLIDE LOCK
• Red/green indicator that lets you know when it’s locked.
• Easily fits onto knobs and handles.
• Available in grey and white.
#1019277 / #1002740

CORNER CUSHIONS
• Clear furniture corner cushions.
• Comes in a 4 pack.
• Ideal for sharp-edged tables, chairs and low shelves.
• Simple to install and easy to use.
#1011056

FINGER PINCH GUARD
• Finger pinch guard protects fingers, both young and old, from accidentally getting pinched by a closing door.
• Soft foam material.
• Removes easily when door needs to be shut.
#1022003

EASY CLOSE GATE
• Opens in both directions.
• Double locking mechanism.
• 1-handed opening and closing.
• Can extend up to 136cm with extensions, sold separately.
#1022006/7/8/9
**Bambino Safety Gate**

*Easy to install - no screws required*

**Easy to open**
1. Slide button downwards
2. Lift handle to open

**Open both directions** for doorways and one way stairs

**Available in 2 sizes:** Extra Wide or Super Wide

**Extra Wide**
75cm - 96cm

Includes:
2 x 7cm Extensions

**Super Wide**
75cm - 131cm

Includes three Extensions:
(7cm - 14cm - 28cm)

**Extensions Available**
For wider openings as optional extras

**Pressure Mount** - No Drilling for wider openings as optional extras

**Anti-Pinch Hinge**

**Double Locking & Opening System**

**Pressures Mount** - No Drilling

**Extra Wide Available in 2 Sizes:**
- #1024367 - Extra wide including two extensions
- #1024368 - Super wide including three extensions
- #1024369 - 7cm extension

**In-store fitting and installation advice**
PLAYTIME
When we think about playtime, toys and games are generally what come to mind. When it comes to a newborn, however, playtime is a lot simpler. Playing with your newborn can be something as simple as singing a song to him or her while they sit in your lap.

From approximately a month old, your little one will start to take an interest in the world around them. Playtime at this age will never involve playing with a doll or toy car, but they become eager to experiment with objects and interact with people.

A great way to interact with your newborn is to offer him or her something to look at. You will notice that his or her eyes will soon begin to follow the object. Mobiles and rattles are great fun for those little ones – and these objects also start to teach your baby important lessons about cause and effect.

Books are a great way to provide entertainment for a newborn. Read to your little one or let him or her look at the pages. Make sure the books you offer have thick cardboard pages because, before you know it, your little one will be reaching for those pages – turning them, pulling them and even tasting them.

Offer your little one safe objects to touch and explore to help develop his or her senses. Make sure they are always under supervision when a new item is in their reach, but allow him or her the opportunity to explore and discover. This will help Baby to become a good problem-solver and a capable thinker.

A game of “peek-a-boo” is generally always a winner with newborns...they will delight in the simple game of you covering your eyes and then greeting them with a smile.

Watch out for overstimulation and avoid introducing Baby to too many new things at once, or expecting him or her to concentrate for long. When your baby needs a break, he will signal this by turning his back, closing his eyes, turning his head away, getting fussy or starting to cry.
**SimpleComfort Cradling Swing – Eversion**
- Seat rotates 180 degrees for 3 swing directions.
- 8 melodies, 3 nature sounds and white noise.
- TrueSpeed™ technology maintains 6 speeds as baby grows.
- AC adaptor.
  #1029265

**DreamComfort™ SmartBounce Automatic Bouncer™ – Townsend™**
- More airflow creates a cooler and comfortable space to rest.
- 2-speed auto-bounce mimics mom’s natural movements.
- Neutral bouncer for baby boy or girl.
- 3-point safety harness and machine-washable seat pad.
- Batteries last up to twice as long.
  #1027591

**DreamComfort™ ConvertMe Swing-2-Seat™ Portable Swing – Townsend™**
- Baby can swing or sit in cooler comfort.
- Breathable fabrics promote airflow.
- Mini swing also converts into an infant seat.
- Compact design is easy to store and travel.
- Neutral vibrating swing for baby girl or boy.
  #1029307
meet serina™ 2in1
A sweet soother designed to swing just the way baby wants

- Lift off swing seat doubles as a portable rocking seat.
- 2-way seat swings front to back or side to side.
- 6 swing speeds, 2 speed soothing vibration and a soft glow nightlight with 3 brightness settings.
- 5 classical lullabies and 5 nature sounds.
- A/C power adapter or battery operated.

meet sansa™ 2in1
A multi-move and mini-soother to sway and glide this way, that way and every which way

- Seat turns 90° on the frame to change the direction of all motion.
- Small footprint frame fits easily in any space.
- Cocoon-shaped seat with 3-position recline.
- 5 classical lullabies and 5 nature sounds.
- A/C power adapter or battery operated.
Encourage baby to think, look, listen and move through every stage

**Stimulating Baby’s Senses**
- colours
- pattern
- sounds

**Encouraging Discovery**
- textures
- sights
- sounds
- actions
- play

**Exploring and Developing**
- interactions
- actions
- thoughts
- movements

**Encouraging Imagination**
- coordination
- awareness
- role play

**Ball Playnest Activity Gym**
- #1023211

**Tinkle Trio**
- #1015719

**10” Puppy**
- #1015716

**Dingly Dangly Clip Clop**
- #1015714

**Musical Garden Travel Mobile**
- #1021019

**Clip Clop Activity Rattle**
- #1015731

**High Chair Spinning Toy**
- #1021076

**Explor-A-Ball**
- #1021077

**Pop & Drop Activity Gym**
- #1015713

**Music & Lights Comfy Car**
- #1023617

**Clip Clop Music Gym**
- #1027698
**DRIVE ’N DROOL KEYS**
- Inspires the senses.
- Encourages oral and motor development.
- Soft and flexible with textured keys.
  #1028950

**DO-RE-MI TEXTURED TUNES**
- Plays fun melodies and silly sounds.
- Develops sense of rhythm.
- Soft textured surfaces.
  #1028952

**LINKY LINKS**
- Inner pieces spin, strengthening hand-eye coordination.
- Multi-textured link encourages tactile exploration.
- Easy to grasp and provides a manipulation challenge for baby.
  #1028951

**STACKS OF CIRCLES**
- Stacking rings strengthen hand-eye coordination.
- Textured rings are good for grasping.
  #1028953

**TEETHE & TWIRL SENSATION STATION**
- Suction cup base.
- Multi-sensory integration.
- Multiple textures for baby to enjoy.
  #1028949

**FLUTTERBY TEETHER**
- Water-filled, providing gentle cooling.
- Easy-to-grasp handle.
- Textured wings.
  #1017696

**TOOTIN’ TUNA**
- Each fish creates a different sound when squeezed.
- Soft textured tail is great for itchy gums.
- Multiple textures engage baby’s developing sense of touch.
  #1028518

**TWIST & TURN RATTLE**
- Twist and turn to make it change shapes.
- Easy to grasp.
- Rattle beads and rings.
  #1028945

**GRIP & RATTLE BALL**
- Develops grasping skills.
- Fun contrasting colours.
- Soft flexible arms.
  #1028517
PLAYTIME

Yookidoo™
celebrating discovery

DISCOVERY PLAYHOUSE
• The multiple award-winning super-sturdy playhouse designed for rewarding, imaginative and stimulating play.
• 4 different activity walls, each designed for different developmental stages.
#1023794

SPIN N SORT SPOUT PRO
• Sort, spin, fill and pour.
• A battery-operated bath spout with more than 10 different water activities.
#1026958

GYMOTION - ACTIVITY PLAYLAND
• The 3-in-1 award-winning activity gym with plush fantasy-themed figures constantly riding back and forth on the motorised track.
#1020259

GYMOTION - ROBO PLAYLAND
• The 3-in-1 award-winning activity gym with robot-themed figures constantly riding back and forth on the motorised track.
#1023364

GYMOTION - LAY TO SIT UP PLAY
• A 3-stage extra padded play gym that transforms into a supportive, upright, portable seat enabling baby to sit, play, and interact with the world while sitting upright.
#1027704
Trained staff to help you

4-IN-1 KICKIN’ TUNES™ MUSIC AND LANGUAGE DISCOVERY GYM
• Play the Magic Touch Piano with fingers or toes.
• Multi-sensory gym has 70+ sounds and activities and 25+ minutes of music.
• 4 modes: Laying, Sifting, Tummy Time and Take-Along.
#1028737

CURIOSITY TABLE™ ACTIVITY STATION
• Removable, spinning gears to colour-discovery circuits and flashing lights.
• 2-sided art and science table.
• Plays 65+ melodies and introduces new words.
#1028300

PRIMARY PAGES™ HIGH CONTRAST BOOK
• Black, white and bright captures baby’s eye and attention.
• Vinyl overlays and plush fabric encourage touch and flipping of each page.
• Take-along toy attaches to stroller or carrier.
#1028292

SYMPHONY GEARS™ MUSICAL TOY
• Character gears layer up instrument sounds.
• Crank the big gear to activate baby’s symphony.
• Practise turning and gripping.
• Baby’s decisions cause toy to light up.
#1028297

STICKY SPINNER™ ACTIVITY TOY
• Watch the inner-ball and loops spin in opposite directions.
• Colourful bands are fun to grab and spin while encouraging hand-eye coordination and fine motor skills.
• Powerful suction cup base.
#1028293

ROADTRIPPER™ RIDE-ON CAR
• 2-in-1 push toy and ride-on.
• Real car noises, shifting gears and a wheel to turn and spin.
• Lock-button switch between push and scoot modes.
• Encourages walking.
#1028299
PLAYTIME

bright starts™

INFANT TO TODDLER MERRY SUNSHINE ROCKER™
- Reclining seat with 2 positions.
- Deep cradling seat.
- Locks into a stationary position.
- Seat rocks back and forth to soothe baby.
- Removable toy bar with 2 playtime toys.
- Soothing vibration.
- Adjustable 5-point harness keeps baby secure.
- Seat pad is easy to clean.
#1023595

HIDE & PEAK BLOCK™
- Reveal hidden activities on every side.
- Tummy time, sit and play or carrier toy.
- Different textures engage and delight baby.
- Includes baby-safe mirror.
#1027369

RATTLE ME WRIST PALS™
- Strap fastens to stay secure on little wrists.
- Rattle and crinkle sounds delight and entertain baby.
- Cute characters and multiple patterns keep baby engaged.
#1019118

PRESS & GLOW SPINNER™
- Your baby is the star of this lighthearted play.
- Make any moment a mesmerizing experience.
- Every push makes the star spin and glow.
- Songs play along with the lights.
- Playful way to discover cause and effect.
#1028736

PLAYFUL PALS™
- Loads of activities including crinkle sound fabrics, rattles, teethers and satin tags.
- Bright, fun-filled characters attach easily to carriers, car seats and strollers.
#1025199

POP & GIGGLE POND PAL™
- Feed balls into the frog’s mouth, press the button and watch them bounce around on the trampoline-like surface.
- 5 buttons introduce baby to colors and numbers along with silly sounds and music.
- 6 balls included, but more balls can be purchased from Bright Starts™ Having a Ball™ Collection.
- 6m+ Sitting Up.
#1025774
**5-IN-1 YOUR WAY BALL PLAY™ ACTIVITY GYM**
- Keep baby safe with plush barriers, or fill it with balls for endless fun.
- The jumbo mat lays flat for tummy time.
- 20 minutes of melodies.
- Create a crawl-through tunnel.
#1026594/S

**RAINDROP RAINFOREST™ BOUNCER**
- Cradling seat design provides support and comfort for baby.
- Soothing vibrations.
- 2 playtime toys.
#1026651

**HAVING A BALL GETROLLIN’ ACTIVITY TABLE**
- Over 60 songs and activities including a ball ramp, 3 languages, toucan piano, a fun ball drop ramp with spiralling balls, lights and music.
#1027134

**MAGICAL TALES GYMINI DELUXE**
- Black and white colouring, develops baby from day 1.
- Develops all baby’s milestones.
- 11 stimulating activities.
- 4 modes of use.
- Stylish colours to fit any nursery.
#1028781

**INTO THE FOREST TINY DREAMER PROJECTOR**
- 3 modes of use.
- Cry sensor.
- Nightlight with timer.
- Starscape light show.
- 17 lullaby melodies.
- Loadable MP3s.
- Secure handle for carrying.
#1028131

**MAGICAL TALES TAKE ALONG MOBILE**
- Uniquely designed for out-and-about adventures.
- 3 modes of use.
- Universal attachments for pram and cot.
- 30 minutes of classical music.
#1028784

**LEONARDO TINY ROLLING TOY**
- Flexible body.
- Beads in wheels.
- Spinning ball with beads.
- Rotating head with clicking sound.
- Crinkly fabrics.
- Motivates exploration and crawling.
#1028786

**Tiny Love**
- Soft Italian fabrics.
- Adjustable to 3 positions.
- Soothing vibrations.
- Touch-activated soothing mobile.
- Baby-activated rocking.
- Locking legs.
#1028265
BABY'S ACTIVITY CENTRE TABLE
• A fun and interactive play table to develop hand and eye co-ordination.
• Features lots of instruments to discover exceptional sound quality.
#1028423

BARN SHAPE SORTER
• Set with 3 keys, 9 different shape sorters and the play house.
• Use those 3 different keys to open the play house door and take out the shapes.
#1025967

MY FIRST STEPS ACTIVITY WALKER
• Supports baby’s standing and helps them take their first steps.
• Also features a shape sorter and book.
#1028425

PLAY GO BUSY BALL TOWER
• Loads of fun watching the spinning motion of rattle balls rolling down the ramp.
• Great for helping babies develop their tracking skills while improving hand and eye co-ordination.
#1019668
**DELUXE ROCKER**
- Rocker and walker features.
- Brake stopper feature.
- Toy centre.
  #1028268 Pink
  #1028267 Blue

**ROCCA**
- 2-in-1 baby walker and rocker.
- Easily converts to rocker.
- Large and steady base.
  #1028580

**ROLLA**
- 2-in-1 baby walker and pusher.
- Handle at back to assist baby with walking.
- Large and steady base.
  #1028581

**SUPER TRIKE**
- 1 to 4 years.
- Removable safety seat and foot rests.
- With steering push bar.
  #1003331

**PLAYHOUSE WITH SWING**
- DS702 Playhouse with swing.
- Size: 1580 x 1340 x 1030mm.
  #1003337
Your Birthing Journey

True labour often begins at night when the body and mind are relaxed; more often than not after one’s original predicted due date in first pregnancies, explains Sister Lilian.

You must have a show (expelling a blood-tinged mucus plug), the amniotic membranes must rupture and there must be regular contractions with dilation of the cervix for active labour to be present. However, these three things may occur in any order, which is why there is often confusion. Don’t worry, you’ll know when you are in labour!

The length of labour differs from one woman to another. First labours generally last about 12–18 hours from the first minor contraction up until Baby is born. Remember, the first contractions aren’t that uncomfortable or long, and you’ll have more time without contractions than with.

First stage of labour
The cervix starts softening in the last weeks of pregnancy, and is often 1–2cm dilated before labour starts. First stage lasts from when you are aware that labour has begun up until the cervix is fully dilated at 10cm. During first stage, your contractions will help to thin and ‘take up’ cervical tissue into the upper part of your womb. First stage can have quite a long ‘latent’ phase, in which labour comes and goes. Once your contractions are 5–10 minutes apart, you are in active labour.

Transition stage
For some this is just a few intense contractions at the end of the first stage. For others, it is a period of respite from contractions, until second stage starts.

Second stage
It’s now time to birth your baby, in anything from 20 minutes to two hours! With each contraction, Baby moves down, her head and body twisting and tunung to negotiate the birth canal. Once Baby’s head and shoulders are born, the rest of her body will slither out quickly.

Third stage
This is the expulsion of the placenta. Most hospitals give Mom an injection to speed this up, but you can ask for the umbilical cord to pulsate for a few minutes and to rather not have the injection. This stage is important to a good birth experience and you should make sure that your preferences for not being separated from your baby, early breastfeeding, skin-to-skin bonding time, and delayed routine checks that might interfere with the first precious hour after birth, are known to your birth team.

Making a birth plan
When your time comes and the excitement hits, it’s not ideal to have to make important decisions! A birth plan enables you do some research, and make unhurried decisions about the type of birth you want.

Remember:
• A birth plan is not a legal document, but a guideline to give voice to the things you feel are important to your birth experience – and you should communicate these to your birth team ahead of time.
• You can interview various practitioners if you’re not happy with their response to a list of preferences you should draw up.
• Be flexible; the best laid plans occasionally go awry; doctors and hospitals are also more supportive if they notice that you understand the need for flexibility.

Article by Sister Lilian Centre
How your baby grows

It takes 9 months or 40 weeks for your baby to grow from a tiny beginning to a beautiful baby. At each stage your baby will be growing, your body will be changing and you will also be feeling different.

**0-6 weeks**

**YOU:** Will notice few, if any, changes at this stage.

**BABY:** Growing has begun and all your baby’s major organs have started to develop. Your baby’s body begins to take on a C-shaped curvature. Small buds will soon become arms and legs.

- **Baby weighs** – 0.4g and is the size of a grain of rice

**6-10 weeks**

**YOU:** May start to feel nauseous and could have “morning sickness” – where you could vomit often. Your breasts may get bigger and you will be very tired. You may even want to cry.

**BABY:** Baby’s heartbeat is about twice as fast as yours and all major organs are now in place. The upper lip and nose have formed. The trunk of your baby’s body is beginning to straighten.

- **Baby weighs** – 2g; length – 2cm

**10-14 weeks**

**YOU:** Your nausea should be better, and you may be less tired and less emotional. You may even feel much better and have more energy.

**BABY:** Your baby is now officially described as a foetus. Your baby’s face now has a human profile. His arms, legs, fingers and toes are all formed and her tooth buds start forming in her mouth. Your baby’s external genitalia will also start developing.

- **Baby weighs** – 19g; length – 8cm

**14-18 weeks**

**YOU:** Your nipples get darker and you may develop a dark line down the middle of your tummy (called the Nigra). You may feel achy in your abdomen as the muscles and ligaments supporting your growing uterus begin to stretch.

**BABY:** Your baby has fingerprints and tiny fingernails, her hearing starts to develop and so do his lungs – so she starts to “breathe” the amniotic fluid. Fine hair (known as lanugo) will develop all over your baby’s skin, helping to keep them warm until a layer of fat develops. He can even frown.

- **Baby weighs** – 100g; length – 14cm

**18-22 weeks**

**YOU:** This is the time where you start to feel really pregnant. Your tummy is growing and you can feel your baby move. You might feel very emotional and want to cry and smile all at the same time.

**BABY:** His heartbeat is getting stronger, he can sweet and sour, and his skin is sensitive to touch. Your baby’s genitals are now all in place, and will be recognisable on your next ultrasound.

- **Baby weighs** – 300g; length – 19cm

More choices available to you
26-34 weeks

YOU: Your body starts getting ready for birth – so your uterus will harden and small contractions – pains that pull around your pregnant tummy will start. These are called Braxton Hicks. Your area between your pelvis (hips) also gets bigger which can give you back pain, and your navel (belly button) could push out because your tummy is so stretched.

BABY: His fingernails are completely formed, and he may have hair on his head. As he picks up weight, his wrinkled skin starts to smooth out. He can move his eyelids and blink, and all his organs are fully developed, except his lungs. Your baby is practising inhaling and exhaling movements, and breathing amniotic fluid into their rapidly developing lungs.

Baby weighs – 1.1kg to 1.8kg; length – 27cm to 30cm

34-40 weeks

YOU: Your tummy will be very big and heavy. You probably won’t be sleeping well – it’s too uncomfortable. You could also be very energetic and want to clean and cook. This is called “nesting fever” – but you need to try and rest.

BABY: Your baby also prepares to be born – his lungs are developed and his body produces more fat. You won’t feel his move as much because there is little space, but you will still feel him kick. The hair that covered your baby’s body (the lanugo) will shed by now. Your baby will swallow the lanugo and it will appear as a blackish substance called meconium in your baby’s first nappy.

Baby weighs – 2.5kg to 3.5kg; length – 34cm to 36cm

22-26 weeks

YOU: Because your uterus (the place where your baby grows) is getting bigger very quickly, it is taking up more space and you may have rib pain. Swollen hands and feet are normal in pregnant women, but if the swelling becomes severe and uncomfortable for you, it’s a good idea to call your doctor. Drink plenty of liquids as this helps to prevent water retention.

BABY: Your baby’s lungs are also now producing a substance called surfactant, which will help them expand and be able to breathe after birth. His legs and arms are in proportion and muscles have developed. He can hear you and may move in rhythm to your speech. It’s also a good time to sing to him.

Baby weighs – 600g; length – 23cm

– HARRIETTE HARTIGAN
Your hug tenderly cares for your baby

Our hug protects his delicate skin

Compliment nappy changes with Huggies Pure wipes, pure and gentle - perfect for your new baby’s delicate skin.

Extra Care
Netcare Mother & Baby Wellness Clinics

- Breastfeeding guidance
- Antenatal classes and postnatal support
- Baby massages
- First aid and CPR courses
- Baby milestone tracking
- Carer courses
- Immunisations

Peace of mind for you and your baby

Netcare Mother & Baby Wellness Clinics: Tel: +27 11 301 0000
0860 NETCARE (0860 638 2273) or e-mail us at customer.service@netcare.co.za
www.netcare.co.za/Divisions/Complementary-business-operations/Netcare-Storks-Nest-clinic
At Netcare maternity units and Netcare Mother & Baby Wellness Clinics, we are here to support you with a range of integrated services tailored for every stage of this exciting journey – during pregnancy, the birth of your baby and in your role as new parents.

Our modern maternity units offer a variety of accommodation options to suit your specific needs and incorporate state-of-the-art neonatal intensive care units to ensure specialised care for premature babies and other babies requiring such care. Furthermore, the 28 Netcare Mother & Baby Wellness Clinics at Netcare hospitals with maternity facilities provide a range of antenatal and postnatal support services.

Bringing a new life into the world is one of the most memorable experiences in life.

What Netcare does for you

**Netcare Maternity Passport**

* The Netcare maternity passport offers a host of antenatal and postnatal benefits for you and your baby.
* Signing up for the passport is your gateway to the following value-added services:
  * Welcome pack – Once your bed is booked, you will receive a welcome pack with a “Back to Baby Basics” book.
  * 4D Ultrasound – See your baby live in these special and intimate moments. (Best between 28 and 31 weeks).
  * Netcare baby gift bag – Free baby gift bag with product samples and ample information to assist you on your new journey.

* Early newborn hearing screening – Mandatory hearing test for all babies born in Netcare facilities.
* First vaccination – BCG & Polio – First polio and BCG immunisation for your baby, done at the hospital.
* Assistance with birth registration – Assistance with registration of your baby will be offered to you by a representative from the Department of Home Affairs or an alternative service provider.
* Mother & baby clinic – First baby check-up two weeks after birth, at a Netcare Mother & Baby Wellness Clinic to review developmental milestones
* Netcare 911 24-hour crisis line – Offering advice from a registered nurse.
Netcare Mother & Baby Wellness Clinics
Netcare Mother & Baby Wellness Clinics strive to:
• provide a holistic, supportive and therapeutic environment;
• fulfil the educational needs of new families;
• help improve communication between the new family, healthcare professionals, and those involved as caregivers to the baby;
• assist in the formation of healthy family bonds; and
• act as a referral source for families.

Breastfeeding Preparation And Support
Breastfeeding provides the best possible nutrition for a new baby. Netcare encourages breastfeeding and guides new mothers on initiating and sustaining breastfeeding. The staff members at Netcare’s maternity units are also on hand to offer on-going advice. However, we respect the choice of mothers who decide not to breastfeed and provide them with the necessary support.

Antenatal Services
The experienced childbirth educators at Netcare Mother & Baby Wellness Clinics lead antenatal classes for first-time parents, as well as parents who would like to refresh their knowledge. Topics that are covered include the following:
• Fears and expectations regarding pregnancy, birth and parenting
• The anatomy of the uterus (womb)
• Exercise and diet during pregnancy
• Common ailments and danger signs during pregnancy
• Birthing options
• Labour induction
• Coping mechanisms during labour, including breathing and relaxation exercises
• Tests for the newborn baby
• Importance of early newborn hearing screening and immunisation

Postnatal Services
• Breastfeeding support
• Well baby clinics – including milestone monitoring and weighing
• Immunisations for babies and children up to five years old
• First aid classes for parents and child-minders
• Carer courses
• Baby massage classes
• Support to mothers who experience depression or mood decline through our partnership with the Post Natal Depression Support Association of South Africa (PNDSA).

Note that the services offered at different Netcare Mother & Baby Wellness Clinics may vary.

Netcare Maternity Hospitals

Netcare Akasia Hospital*
Tel: 012 522 1240
Netcare Alberton Hospital
Tel: 011 724 7100
Netcare Blaauwberg Hospital*
Tel: 021 545 8388
Netcare Christiaan Barnard Memorial Hospital*
Tel: 021 480 6143
Netcare Clinton Hospital*
Tel: 011 724 2334
Netcare Cuyler Hospital
041 995 9113
Netcare Femina Hospital*
Tel: 012 304 1781
Netcare Femcres Hospital*
Tel: 014 568 4200
Netcare Garden City Hospital*
Tel: 011 495 5158
Netcare Greenacres Hospital
Tel: 041 390 7000
Netcare Kingsway Hospital
Tel: 031 904 7000
Netcare Kroon Hospital*
Tel: 056 215 1881
Netcare Kuils River Hospital*
Tel: 021 900 6530
Netcare Linkwood Hospital*
Tel: 011 485 3250
Netcare Linmed Hospital*
Tel: 011 748 6279
Netcare Lakeview Hospital
Tel: 011 019 2500
Netcare Margate Hospital
Tel: 039 312 7474
Netcare Montana Hospital*
Tel: 012 523 3255
Netcare Mulbarton Hospital*
Tel: 011 682 4300
Netcare N1 City Hospital*
Tel: 021 590 4196/1
Netcare N17 Hospital
Tel: 011 365 1573
Netcare Olivedale Hospital*
Tel: 011 777 2196
Netcare Park Lane Hospital*
Tel: 011 480 4125
Netcare Parklands Hospital
Tel: 031 208 1346
Netcare Photooso Hospital*
Tel: 015 296 6500
Netcare Pinehaven Hospital*
Tel: 011 950 5400
Netcare Pretoria East Hospital*
Tel: 012 422 2448
Netcare St Anne’s Hospital
Tel: 033 897 5309
Netcare St Augustine’s Hospital*
Tel: 031 268 5008/3
Netcare Sunninghill Hospital*
Tel: 011 257 2039
Netcare Sunward Park Hospital*
Tel: 011 897 1732
Netcare The Bay Hospital*
Tel: 035 780 6160
Netcare Umhlanga Hospital*
Tel: 031 560 5528
Netcare Unitas Hospital*
Tel: 012 677 8212
Netcare Waterfall City Hospital*
Tel: 011 304 6600

*These hospitals have a Netcare Mother and Baby Wellness Clinic.

Mother & Baby Wellness Clinics
For more information on Netcare Mother & Baby Wellness Clinics clinic in your area visit:
www.storksnest.co.za / www.netcare.co.za or call: 0860 NETCARE (0860 638 2273)
or e-mail us at: customer.service@netcare.co.za
We all know that breastfeeding is beneficial for both you and your baby, but that's often much easier said than done.

In truth the majority of new moms battle to breastfeed.

Breastfeeding doesn't always come naturally – it is a skill which often needs to be learned, by both of you!

But once you do get the hang of it, breastfeeding will start to feel natural, giving you an incredible sense of accomplishment.

STEP 1: EARLY CONTACT
A baby's contact with the mother's skin should begin within the first hour after birth. This is when the rooting and sucking reflexes are strongest and will allow your breastfeeding hormones to kick in.

Put your baby to your breasts as often as possible during the first few days. For the first 3 days, before your actual breastmilk comes in, your body produces thick, yellow, nutrient-rich colostrum.

This is very important for your baby as it boosts his/her immune system with your antibodies, at the same time encourages your body to start producing breast milk.

STEP 2: CORRECT LATCHING
This is the key to successful breastfeeding but how will you know if your baby has latched correctly?
It should not hurt but rather be a pulling sensation.
You should be able to hear and see your baby swallow.

Your baby’s entire mouth should cover the whole nipple and most of the areola. The nipple should be far back in baby's mouth and his lips will be pursed outwards.
If it does hurt, you will need to unlatch him by gently inserting your little finger between his mouth and your nipple to break the suction and start again.

Cradle your baby’s body against you, with his/her nose facing your nipple and almost touching the breast. Lift your breast with your free hand and stroke your baby’s lips with your nipple until he/she opens his/hers mouth very wide, almost as if yawning, gently place his/hers mouth over your breast.

You may need to attempt this a few times and if you are battling ask the nursing sister to help you.

STEP 3: GETTING COMFORTABLE
By the third day your breastmilk will come in.

The best way to get breastfeeding established – and to build up your milk supply – is to nurse as often as baby demands.

Make sure you are comfortable and feed in a chair that offers good back support.

Use cushions or pillows to prop up your arms; and if necessary, rest your feet on a footstool. If you are in bed, make sure your back has good support.

You can also experiment with different feeding positions, such as:

- Cradle hold
- Underarm or lying down.

There is no wrong or right position – whichever works best for you and your baby.

STEP 4: SUPPLY AND DEMAND
Your baby’s sucking stimulates the ‘let down’ reflex, which you may feel as a tingling sensation in your breasts. The first milk or fore-milk that comes out in the first few minutes of feeding is mainly a thirst-quencher. For your baby to reach the calorie-rich hind-milk, you must let him/her completely empty a breast. If your baby is still hungry, offer the second breast. Start feeds with alternate breasts to be sure both are emptied well.

The more milk your baby demands, the more your body will supply.

When feeding, don’t clock watch. The best feeding is a relaxed experience.

Some babies feed quickly, while others take their time.

Your baby will drink until he/she is full (your breasts will feel empty).

A full or satisfied baby will release the breast on his/her own and be quite sleepy, indicating that he/she has had enough breast milk.
Pigeon Electric Breast Pump Pro
- For mothers who like customization on their pumping style, offering painfree and comfort pumping.

Pigeon Manual Breast Pump 2-Phase
- For mothers who like a simple and fuss-free pump.

Pigeon Nipple Shield - Soft Type 2 pce
Relieves pain caused by sore or cracked nipples when breastfeeding.

Pigeon’s Breast Pumps have all the features you need to comfortably express and store breastmilk for your baby.

Handy Tips

**Tender nipples:** When you start to breastfeed your nipples may be sensitive or cracked. Rub a little breastmilk over them to soften before a feed and after a feed use Pigeon’s Lanolin Nipple Care Cream. If they are very sore or bleeding then your baby may be latching incorrectly, use Pigeon’s Nipple Shield, Soft Type

**Expressing:** If you are not sure your baby is feeding correctly, express some milk after each feed, with either a manual or electric breast pump. This will assist you to understand what it should feel like and see the quantity of milk produced in a few minutes.

Use Pigeon Electric Breast Pump Pro, or Pigeon Manual Breast Pump 2-Phase

**Engorged breasts:** It is possible for your breasts to get very full and feel painful. To alleviate this ...

- Place a warm facecloth over your breasts before feeding; or
- When in the shower, gently massage your breasts at the same time expressing off a small amount.

**Mastitis:** If you are presenting with the following symptoms, then you may have Mastitis and need to be seen by your GP:-

- A breast that is inflamed, sore, swollen or red;
- If you have the chills or just feel like you have the flu.
Thank you for taking the time to go through the Baby Guide to Shopping. You’ve spent so much time thinking about how you’re going to take care of Baby... but it’s also important to remember about taking care of yourselves. Taking time for self-care can help prevent those moments of frustration, self-criticism and irritability that so often come with parenthood.

There are various things that you can do as a new parent to take a few minutes for yourself, and remind yourself that being a parent really is a blessing. Some of the ideas you hear people talking about simply won’t be practical for you and your family, but you’re sure to find some that do make sense.

The most important thing to do for yourselves (and this one is non-negotiable) is to look after yourselves physically. That means getting a decent amount of sleep, eating regular meals and getting some exercise – bearing in mind that just walking around the house rocking baby to sleep definitely counts as exercise!

Another thing that you should definitely try and do is develop a support system. People in your town or city have babies every day, so there are plenty of other parents around who are going through many of the same things that you are experiencing. Create a community and find your support tribe – and then make an effort to see someone from your tribe at least once a week.

On a similar note, take time for just the two of you, find someone to look after Baby for an hour or two. Taking care of a baby is like a job in many respects, and no one should be doing a job for 24 hours a day. Share the household chores and looking after Baby and give each other time to relax (even if it is for just 5 minutes). Setting yourselves realistic goals and deadlines will go a long way towards adapting to parenthood the stress-free way.

Looking ahead a bit, keep your life free of any other drastic changes over the next year or so. Postpone taking on that new job or moving house until you’ve gotten used to being a parent and handling everything that comes with the all-important job title of Mom/Dad.

Best wishes for health and happiness.

The Baby City team
the portable rito trike

Introducing a range of folding trikes that evolves in 3 stages to ease your little one into independent pedalling

The Rito Folding Trike starts as a parent-controlled ride on with a smooth front freewheel system. As your child grows, you can swap the footrests for pedals, adjusting and removing the parent handle and back support to suit your child’s needs.

- Easy and compact folding system
- Extendable UV protection canopy
- High-back seat with 5-point harness
- Adjustable backrest
- Parent steering with telescopic push bar
- Foldable footrest, non-slip pedals and rear basket
- High quality steel frame, on/off front freewheel system, handlebar clutch and rear foot brake
- Maximum user weight: 25kg

Rito Air available with air-pumped tyres

Rito Evo available in Teal & Grey

Rito Air available in Grey
We are here for you

By focusing solely on baby products, we bring you our Everyday Low Prices to make sure your bundle of joy gets the best possible start to life. This is what you can expect from SA’s Leading Baby Hyper.

Let’s share the moments

We know you care

OUR CHECKLIST TO HELP YOU WITH YOUR CHOICES.

With years of experience comes great knowledge and advice. Visit one of our stores and allow our highly trained team to give you the best advice about the product ranges on offer.