

New Parent Survival Kit

A curated toolkit to help UK parents navigate feeding, sleep, and finances.

Formula Feeding Tracker

- Printable chart to record feed times, quantities and baby's cues
- Tips for prepping bottles on busy days
- Guidance on safely storing formula and pumped milk

Gentle Sleep Schedule Template

- Flexible daily rhythm template for newborns and 3-6 month olds
- Tips on recognising sleepy cues and creating a calming bedtime routine
- Space to track naps, feeds, and awake windows

Budgeting Cheat Sheet

- Monthly expense tracker including nappies, formula and childcare
- Money-saving tips for everyday baby essentials
- Links to trusted UK discount programmes and benefits guides