

# New Baby Checklist

## Sleep Essentials

- ✓ Crib or portable bassinet
- ✓ Firm, flat mattress that fits flush with no gaps on any side
- ✓ Waterproof mattress cover (buy at least 2)
- ✓ Fitted crib sheets (4 is a good number)
- ✓ Sleep sacks or swaddle blankets (2 to 3)
- ✓ White noise machine (optional but widely used by parents)

## Nursery Furniture

- ✓ Changing table or dresser with a changing pad on top
- ✓ Waterproof changing pad cover (buy 2 so one is always clean)
- ✓ Dresser or storage unit for baby clothes and supplies
- ✓ Rocking chair or glider
- ✓ Baby monitor (audio or video, based on your preference)

## Diapering Checklist

- ✓ 2 to 3 boxes of newborn-size disposable diapers, or 6 to 10 dozen cloth diapers with 6 to 8 diaper covers
- ✓ Fragrance-free, gentle baby wipes
- ✓ Changing mat or pad
- ✓ Diaper rash cream or barrier cream
- ✓ Diaper pail or a covered trash bin
- ✓ 2 to 3 waterproof changing pad liners

## Newborn Clothing Basics

- ✓ 4 to 8 onesies (envelope shoulders and snaps at the crotch for easier changes)
- ✓ 4 to 6 sleepers or footie pajamas
- ✓ 2 to 4 pairs of baby socks
- ✓ 2 to 4 soft baby hats
- ✓ 2 pairs of baby mittens (prevents face scratching)
- ✓ 4 to 6 burp cloths ✓ 4 to 6 bibs

## Seasonal Clothing

- ✓ Winter babies: a warm snowsuit or bunting for outdoor trips, plus hats every time you go outside
- ✓ Summer babies: light short-sleeve onesies and a sunhat for outdoor use
- ✓ General rule: dress your baby in one more layer than you are wearing at all times

## **Breastfeeding Essentials**

- ✓ Breast pump, electric or manual (many insurance plans cover this at no cost)
- ✓ 2 to 3 nursing bras
- ✓ Nursing pads for leakage between feedings
- ✓ Nipple cream for soreness in the early weeks
- ✓ Nursing pillow for positioning and back support during feeds
- ✓ Breast milk storage bags or containers

## **Bottle-Feeding Essentials**

- ✓ 8 to 10 bottles in both 4-oz and 8-oz sizes
- ✓ Bottle brush and drying rack
- ✓ Formula (ask your pediatrician for a recommendation)
- ✓ Bottle sterilizer or a large pot for boiling
- ✓ Bottle warmer (optional but convenient)

## **Baby Bath Time Checklist**

- ✓ Baby bathtub with a newborn support insert
- ✓ 3 to 4 soft washcloths
- ✓ 2 hooded baby towels
- ✓ Gentle, fragrance-free baby wash and shampoo (no-tears formula is ideal)
- ✓ Soft baby brush for hair and cradle cap
- ✓ Baby nail clippers or nail file (nails grow fast and can scratch)

## **Car Safety**

- ✓ Rear-facing infant car seat, required from birth
- ✓ Installation checked by a certified Child Passenger Safety Technician (many fire stations offer this free of charge)
- ✓ Car seat mirror so you can see your baby from the driver's seat

## **Strollers and Carriers**

- ✓ Full-size stroller with a flat recline position for newborns
- ✓ Travel system with a stroller and infant car seat combo (popular and practical for most families)
- ✓ Baby carrier or wrap (keep baby's airway clear and chin off their chest at all times)

## **Diaper Bag Essentials**

- ✓ 5 to 6 diapers for a day out
- ✓ Travel pack of wipes
- ✓ At least one full change of baby clothes
- ✓ 2 burp cloths
- ✓ Feeding supplies such as bottles, formula, or a nursing cover

- ✓ Small first aid pouch
- ✓ Hand sanitizer

## **First Aid Kit for Babies**

- ✓ Rectal thermometer (the most accurate option for infants; a newborn's fever is a medical emergency)
- ✓ Nasal aspirator or bulb syringe for clearing stuffy noses
- ✓ Baby nail clippers
- ✓ Gas relief drops
- ✓ Saline nasal drops
- ✓ Bandages and antiseptic wipes
- ✓ Baby-safe pain reliever (ask your doctor before giving anything to a newborn)

## **Baby-Proofing Your Home**

- ✓ Move all electronics cords out of reach
- ✓ Store cleaning products in locked or high cabinets
- ✓ Cover all electrical outlets
- ✓ Keep the sleep area completely clear of loose items at all times
- ✓ Check that all furniture is stable and cannot tip over
- ✓ Plan for safety gates on stairs before the baby starts moving
- ✓ Cabinet locks for kitchen and bathroom storage

## **Hospital Bag Checklist**

### **For Baby**

- ✓ 2 to 3 newborn onesies
- ✓ 1 to 2 sleepers
- ✓ Soft hat and socks
- ✓ 1 swaddle blanket
- ✓ One backup outfit in the next size up
- ✓ Installed car seat already in the car, not packed in the bag

### **For Parent**

- ✓ Insurance cards and photo ID
- ✓ Birth plan if you have one
- ✓ Comfortable clothes for labor and after delivery
- ✓ Phone charger (most commonly forgotten item)
- ✓ Toiletries and personal care items
- ✓ Snacks for both the birthing parent and support person

## **Baby Checklist by Stage**

### **First 3 Months (Newborn Stage)**

- ✓ Car seat, rear-facing and installed before birth
- ✓ Crib or bassinet with a safe sleep setup
- ✓ Diapers and wipes
- ✓ Feeding supplies, breastfeeding, or bottle-feeding
- ✓ Basic newborn clothing
- ✓ Bath essentials
- ✓ Baby first aid kit
- ✓ Stocked diaper bag

### **3 to 6 Months (Infant Stage)**

- ✓ High chair for starting solids around 6 months
- ✓ Baby play gym or activity mat for tummy time and development
- ✓ Soft teething toys (babies teething from 4 to 7 months on average)
- ✓ Baby bouncer or jumper
- ✓ Sippy cup to introduce around 6 months
- ✓ More clothing in 3 to 6 and 6 to 9 month sizes