

NEWBORN ESSENTIALS CHECKLIST



DIAPERING ESSENTIALS

- Disposable and/or reusable diapers
- Changing table or designated changing area
- Changing mat or mattress
- Wipes (both reusable and disposable)
- Diaper pail or disposal system

BABY CARE PRODUCTS

- Baby lotion or cream
- Baby-friendly cleanser
- Soft towels and washcloths
- Infant nail clippers
- Baby thermometer

FEEDING SUPPLIES

- Bottles (a couple for starters)
- Brushes for cleaning bottles
- Pacifiers
- Breast pump (if planning to pump milk)
- Bottle warmer and/or sterilizer
- Burp cloths

SLEEPING ARRANGEMENTS

- Moses basket or portable crib
- Crib or bassinet with a mattress and sheets
- Sleepsuits or onesies
- Swaddle blankets

NURSERY AND SAFETY

- Baby monitor
- Baby-proofing supplies (outlet covers, safety gates, etc.)
- Infrared-lamp & room thermometer
- Night light

BABY GEAR

- Stroller
- Car seat
- Baby carrier or sling
- Portable changing pad for on-the-go

Remember that this list is comprehensive, and every parent's needs may vary. It's a good idea to start with the basics and gradually add items based on your baby's preferences and your parenting style. Additionally, consider any specific recommendations or advice from healthcare professionals. Congratulations and best wishes on this exciting journey into parenthood!

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HEALTH AND COMFORT

- Infant first aid kit
- Nasal aspirator
- Baby-friendly laundry detergent
- Comfortable nursing pillow

MISCELLANEOUS

- Diaper bag
- Baby books for early reading
- Photo album or baby journal
- Sling

PLAY AND ENTERTAINMENT

- Play mat for floor activities, e.g. tummy time
- Soft toys, rattles, and musical toys
- Black and white cards with high-contrast images

CLOTHING

- Onesies and bodies (various sizes)
- Socks and booties
- Hats
- Sleepsacks

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