Newborn Checklist

By Laura Cooper Peterson

- [ ] Clothes
  - [ ] Babygros (all in one jumpsuit with feet) - size 0-3 months and size 3-6 months.
  - [ ] Shortsleeved bodysuits for summer - size 0-3 months and size 3-6 months.
  - [ ] Bibs in sizes small.
  - [ ] Hats - sun hats or warm winter hats with ear-laps.
  - [ ] Mittens (optional) scratch mittens, or warm winter ones.
  - [ ] Jackets, cardigans/sweaters- to keep the chill off your baby in air conditioned rooms or in the winter.
  - [ ] Wraps- multi purpose (used for partial shade, breastfeeding shawl as well as wrapping baby).
  - [ ] Nappy storage area.
  - [ ] Nappy disposal system.
  - [ ] Cloth nappies or small hand towels to place under baby on change mat (for comfort as the plastic is cold).
  - [ ] Nappy rash cream.
- [ ] Bath Items
  - [ ] Facecloths.
  - [ ] Safety cotton buds, wider buds that cannot be pushed too far into the ear.
  - [ ] Baby shampoo.
  - [ ] Bath thermometer.
  - [ ] Hooded towels.
  - [ ] Baby lotion.
- [ ] Bedtime
  - [ ] Bassinette mattress protector, sheets, Blankets (cotton or flannelette depending on season and home temperature).
  - [ ] Cot sheet sets, 2 mattress protectors, heavy blankets are not recomended due to the risk of sudden infant death syndrome.
  - [ ] Mobile.
  - [ ] Baby monitor.

- [ ] Lamp/night light.
- [ ] Items For Mom
  - [ ] Lansinoh cream and nipple guards for sore nipples.
  - [ ] Feeding cloth.
  - [ ] Nursing pads.
- [ ] General and First Aid
  - [ ] Rattles/suitable soft toys for newborn babies.
  - [ ] Playmat/playgym.
  - [ ] Bouncer/rocker.
  - [ ] Decorations for nursery, wall stickers, border.
  - [ ] Pram toys.
  - [ ] Washing powder and fabric softener for sensitive skin.
  - [ ] Nappies Newborn size 0-5kg - disposable or cloth.
  - [ ] Thermometer.
  - [ ] Saline spray for unblocking babies nose.
  - [ ] Saline drops for cleaning sticky eyes.
  - [ ] Nail clipper or scissors.
- [ ] Feeding
  - [ ] Bottles 125 ml 0-3 months; 260 ml 3 months+
  - [ ] Slow or regular flow nipple only.
  - [ ] Bottle brush.
  - [ ] Sterilizing equipment.
  - [ ] Breast pump.
  - [ ] Pillow while nursing to support baby.
  - [ ] Baby bottle.
- [ ] Out and About
  - [ ] Nappy bag.
  - [ ] Portable change mat.
  - [ ] Plastic bags to dispose of wet cloths, nappies etc.
  - [ ] Toys to amuse baby.
  - [ ] Bottles.
  - [ ] Portable formula container.
  - [ ] Water.

- [ ] Bibs.
- [ ] Spare cloths for baby.
- [ ] Warm jacket and hat.
- [ ] Nappies, wipes and cream.
- [ ] Rain cover for stroller.
- [ ] Thermos to carry warm water for bottles.
- [ ] Spare nipples for bottles.