

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 recommended 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.