

# 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.