

Ultimate Newborn Essentials Guide

Clothing (Yes, we ALL need these)

- ☐ Coming home outfit
- ☐ 8 Sleeper gowns (these are comfortable and makes it easy to change in and out of in the middle of the night)
- ☐ 10 Onesies
- ☐ Fleece suit for wintertime baby
- ☐ 2 Beanies (hats)
- ☐ 6 Booties and socks
- ☐ 2 pair scratch mittens
- ☐ Sleep sack
- ☐ 8 Receiving blankets (can also be used as swaddling blankets)
- ☐ Sweaters (for wintertime babies)
- ☐ 10 Tops (wide head openings work best, babies don't like to be changed)
- ☐ 10 Bottoms
- ☐ 1 Swimsuit
- ☐ 2 dress-up outfits (great for outings or company coming)

Travel-On the go (Outing time)

- ☐ Infant seat
- ☐ Car seat head support
- ☐ Car seat protector
- ☐ Viewing mirror
- ☐ Car window shade
- ☐ Baby sling or carrier
- ☐ Stroller (collapsible)
- ☐ Diaper bag
- ☐ Pacifier container (keep extra ones on hand)
- ☐ Travel changing mat
- ☐ Insulated bottle bag
- ☐ Shopping cart cover
- ☐ Travel playard
- ☐ Diaper trash bags



Health & Safety (Safety always first)

- ☐ Baby monitor
- ☐ Electrical outlet covers
- ☐ Safety locks for cabinets
- ☐ Safety gates
- ☐ Corner guards for tables
- ☐ Teeth guard for crib
- ☐ Hand sanitizer (have one in many locations, living room, by bed, changing station, front door)
- ☐ Thermometer
- ☐ First aid kit
- ☐ Medicine dropper/ spoon with measurements
- ☐ Infant aspirin
- ☐ Teething gel
- ☐ Infant gas medicine
- ☐ Vitamin D (recommended by our pediatrician)
- ☐ Gentle baby laundry detergent
- ☐ Baby SPF
- ☐ Toilet seat lock

**Make sure your carbon monoxide and smoke detectors are working



Nursery (Sleep time is peace time)

- ☐ Bassinet or cradle
- ☐ Crib (slats no more than 2 3/8" apart)
- ☐ Mattress (less than 2 fingers should fit between the mattress and crib)
- ☐ Crib fitted sheets
- ☐ Waterproof mattress cover/pad
- ☐ Blankets
- ☐ Mobile
- ☐ Changing table
- ☐ Dresser
- ☐ Nightlight
- ☐ Clothes hamper
- ☐ Storage and containers
- ☐ Window treatments or good curtains
- ☐ Clothes hangers
- ☐ Rocking chair or glider
- ☐ Sound machine or music player
- ☐ Air purifier



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Feeding

Time (Often humorous time)

- ☐ Nursing pillow
- ☐ Nursing bra
- ☐ Nursing cover up
- ☐ Breast pads, shields and nipple cream
- ☐ Milk storage set
- ☐ Formula (if not breastfeeding) (be sure to check expiry dates)
- ☐ Bottles, nipples and caps
- ☐ Bottle liners
- ☐ Bottle sterilizer
- ☐ Bottle brush
- ☐ Bottle drying rack
- ☐ Bibs
- ☐ Burp cloths
- ☐ High chair
- ☐ Infant spoons
- ☐ Infant bowls/plates
- ☐ Sippy cups
- ☐ Bumby chair
- ☐ Food processor for homemade baby food
- ☐ Containers to store food in the fridge



Optional

- ☐ Electric bottle warmer
- ☐ Dishwasher caddy
- ☐ Slop mat for under high chair

Play Time (Baby's play time not yours)

- ☐ Play mat
- ☐ Bouncer
- ☐ Walker
- ☐ Baby swing
- ☐ Development toys
- ☐ Stuffed animals/dolls (make sure is safe for baby, no eyes or other small objects that can be torn off)
- ☐ Children's music
- ☐ Rattles
- ☐ Books
- ☐ Teethers
- ☐ Pacifiers



Changing Time (Yikes!!!)

Cloth Diapers

- ☐ 24 Pocket diapers
- ☐ 5 Diaper covers
- ☐ Diaper pins
- ☐ Diaper wet bag
- ☐ Coconut oil (great for diaper rash and safe for baby)



Disposable Diapers

(Don't stock up on newborn sizes- your little one might out-grow them fast)

- ☐ New born diapers (2 boxes)
- ☐ Wet wipes
- ☐ Diaper wipe storage
- ☐ Diaper pail
- ☐ Diaper pail refills
- ☐ Rash ointment
- ☐ Powder (not needed for girls)
- ☐ Hand sanitizer
- ☐ Petroleum jelly and sterile gauze

Bath Time (Clean time again)

- ☐ Infant bathtub or bath support
- ☐ Baby washcloths
- ☐ Hooded towels
- ☐ Baby soaps, oil, shampoo, lotion
- ☐ Bulb syringe/nasal aspirator
- ☐ Rubbing alcohol
- ☐ Sterile cotton swabs (ones for babies)
- ☐ Soft bristle brush and comb
- ☐ Bath toys
- ☐ Bath mat



Miscellaneous (The rest)

- ☐ TONS of batteries
- ☐ Pacifier clips
- ☐ Diaper caddy
- ☐ Mommy clip
- ☐ Books on parenting, breastfeeding, cooking, general baby care
- ☐ Baby journal
- ☐ Light dimmer for nursery and master bedroom (gives you enough light to change or feed baby at night but not enough to keep baby awake)