



New Baby Checklist

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It's hard to imagine that such a tiny little person could need so many things! Use this checklist to make sure you get everything your baby needs.

NURSERY

- Bassinet or crib and crib mattress
- Snug-fitting crib sheets
- Waterproof crib mattress pads
- Soft, light receiving blankets
- Heavier blankets for cold weather babies

FEEDING

- Burp cloths (cloth diapers work great)
- Bibs
- Breast pump (ask us about breast pump sales and rentals at your next appointment)
- Breast milk storage bags
- Bottles and nipples
- Formula (if you're not planning to breastfeed)

DIAPERING

- Diapers (lots of them — your baby will go through 10 to 12 each day)
- Alcohol-free baby wipes
- Diaper rash ointment or powder
- Changing table or dresser
- Changing pads and covers

CLOTHING

- One-piece outfits that snap or zip down in the front
- Sleep sacks or blanket sleepers
- Undershirts or onesies that snap at the crotch
- Hats (1 brimmed for sun protection, 1 soft to keep baby's head warm)
- Socks or booties
- Mittens (for preventing scratches and keeping cold weather babies warm)

Tip: Your baby will outgrow newborn clothing really fast, so shop for a range of sizes.

BATH TIME

Baby bathtub
Wash cloths
Baby soap

BABY CARE

Baby nail clippers
Hair brush
Nasal bulb syringe (to help clear a stuffy nose)
Cotton balls
Rubbing alcohol and cotton swabs (for cleaning around the umbilical cord stump)
Baby thermometer

SAFETY

Rear-facing car seat
First-aid kit

NICE-TO-HAVE ITEMS

These things aren't essential, but they can make life with your new baby easier. See if you can borrow any of them from moms with kids who have outgrown them, so there's less to buy.

Rocking chair or glider
Infant carrier or sling
Baby swing
Baby monitor
Travel bed or playpen
Stroller