

NEWBORN CARE

checklist

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NURSERY

- ☐ Convertible crib (bassinet for <6 mo)
- ☐ Crib mattress
- ☐ Bassinet & Crib sheets
- ☐ Non-porous changing pad (cleans easy)
- ☐ Dresser
- ☐ Rocking chair
- ☐ Dimmable nightlight
- ☐ Diaper pail
- ☐ Diaper caddy (diapers, wipes, bum cream & spray)

FEEDING

- ☐ Baby bottles: 4 oz & 8 oz
- ☐ Bottle nipples: size 1-4
- ☐ Burp clothes
- ☐ Bottle sterilizer (life & time saver!)
- ☐ Formula (if not breastfeeding)
 - ☐ If breastfeeding:
- ☐ Nipple pads
- ☐ Nipple butter or cream
- ☐ Nursing cover for privacy
- ☐ Breast milk bags/ containers

CLOTHING

- ☐ 3-4 NB size short sleeve onesies
- ☐ 3-4 NB size long sleeve onesies
- ☐ 3-4 NB size footie sleepers with two-way zipper (time saver!)
- ☐ 6 pairs of socks
- ☐ Caps & mittens
- ☐ 3-4 Swaddles (ex. SwaddleMe)
- ☐ 4 pairs of pants (size 0-3)
- ☐ 3-4 cozy baby blankets

BATHING

- ☐ Over the sink bath tub
- ☐ All-natural 2 in 1 wash & shampoo
- ☐ Rubber Ducky thermometer
- ☐ Hooded towels
- ☐ Wash cloths
- ☐ Baby lotion (lavender helps soothe)

BONUS ITEMS

- ☐ Sound machine
- ☐ Collapsible tub for kitchen sink
- ☐ Bottle warmer
- ☐ Stroller
- ☐ >6 mo old: High chair & play pen

