

# THE ULTIMATE BABY ESSENTIALS CHECKLIST - PART I

## *Sleeping*

- 1. Crib or bassinet
- 2. Firm mattress
- 3. Fitted sheets
- 4. Swaddling blankets
- 5. Sleep sacks
- 6. Baby monitor
- 7. Blackout Curtains
- 8. Safe Sleep Guidelines
- 9. Nighttime Diapering Supplies
- 10. Nighttime Feeding Supplies
- 11. Comfortable Clothing
- 12. Pacifier

## *Breastfeeding*

- 1. Breast pump
- 2. Burp cloths and bibs
- 3. Nursing Pillow
- 4. Nursing Bras
- 5. Milk storage bags/ containers
- 6. Nursing pads
- 7. Nipple cream/ Lanolin
- 8. Nursing Cover or Shawl
- 9. Breastfeeding-friendly Clothing
- 10. Breastfeeding Books/ Resources
- 11. Water Bottle and Snacks
- 12. Patience

## *Diaper Change*

- 1. Diapers
- 2. Baby Wipes
- 3. Soft Washcloths
- 4. Diaper rash cream
- 5. Changing pad
- 6. Diaper bag
- 7. Waterproof Changing Pad
- 8. Diaper Pail or Trash Can
- 9. Extra Clothing
- 10. Distraction Toys
- 11. Safe Changing table
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## *Formula Feeding*

- 1. Bottles
- 2. Nipples
- 3. An appropriate formula
- 4. Feeding times/ amount schedule
- 5. Bottle Brush
- 6. Sterilizer
- 7. Formula Dispenser
- 8. Insulated Bottle Bag
- 9. Bottle Warmer
- 10. Nursing Pillow
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# THE ULTIMATE BABY ESSENTIALS CHECKLIST- PART II

## *Bathtime*

- 1. Two towels with a hood
- 2. Baby-friendly cleansing gel
- 3. A tub and a bath support seat
- 4. Soft hair brush.
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## *Health and Hygiene*

- 1. Nail clippers/scissors.
- 2. A bulb syringe to clean the nose
- 3. Thermometer.
- 4. Fever medication
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## *Newborn's Wardrobe*

- 1. Seven onesies
- 2. Seven bodysuits
- 3. Pants
- 4. Cardigans
- 5. Scratch mittens
- 6. Socks
- 7. A jacket
- 8. A baby-friendly washing  
detergent
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## *Going Outside*

- 1. Car seat
- 2. Stroller
- 3. Baby carrier
- 4. Diaper bag
- 5. A winter footmuff
- 6. Rain cover for stroller
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