New born Essentials Checklist

Essentials for New born

- ☐ Carseat (make sure it is properly fitted at least a few weeks before your due date)
- ☐ Pram

Sleeping:

- ☐ Bassinet and bassinet mattress
- ☐ Bassinet mattress protector
- ☐ Bassinet fitted sheet (at least 2), flat sheets
- ☐ Cot and mattress (baby will be at least a few months old however before transferring into cot so not super urgent)
- ☐ Cot mattress protector
- ☐ Cot fitted sheet (at least 2), normal cot sheets
- ☐ Wool blanket (can be tucked in over baby's swaddle to help feel secure)
- ☐ Swaddling wraps (2-3)

Bathing:

- ☐ Baby bath (big sink is fine for early days)
- ☐ Soft baby towel
- ☐ Soft face cloths/flannels

Clothes:

- ☐ Bodysuits (5-6) mix of singlet and long sleeved
- ☐ Onesies (3-4)
- ☐ Cardigan (2-3)
- ☐ Nightgowns (2)
- ☐ Lots of socks/booties
- ☐ Mittens (so baby doesn't scratch herself)
- ☐ Hat for outings (not sleeping in). At least 1 x woollen hat, summertime hat if summer)

Use natural fibres such as cotton or merino

- ☐ Bodysuits (5-6) mix of singlet and long sleeved
- ☐ Cloths to clean up spilt milk
- ☐ Plenty of washing powder and whitener (Eco store brand stock good non-toxic washing products which are gentle on bub's skin)
- ☐ Muslin wraps (3-4) – great for putting over capsule/pram when baby sleeps, plus many other uses.
- ☐ Bottles
- ☐ Thermometer
- ☐ New born size nappies (approx. 8-10 per day)
- ☐ Baby wipes
- ☐ Nappy rash cream
- ☐ Baby nail clippers

For Mum

If breastfeeding:

- ☐ 3 x nursing bras
- ☐ Nursing pads - to pop in bra and prevent milk leakage
- ☐ Booby Tubes (great to comfort sore nipples) can be useful
- ☐ Breast pump can be helpful
- ☐ Breast feeding pillow for extra support can be useful

Other:

- ☐ Maternity pads

Other Useful Items

- ☐ Baby monitor
- ☐ Change table and change mat
- ☐ Portable change mat to take with you when you go out
- ☐ Baby sleeping bag
- ☐ Front pack
- ☐ Bottle warmer
- ☐ Nappy bag
- ☐ A few baby books and toys/rattles
- ☐ Something to measure temperature of baby's room