

Pre-Birth Baby Essentials Checklist

Nursery Essentials

- Crib or Bassinet: Ensure it meets current safety standards.
- Crib Mattress & Fitted Sheets: At least 2–4 sheets for easy changes.
- Waterproof Mattress Protector: Protects against leaks.
- Changing Table or Pad: A dedicated space for diaper changes.
- Rocking Chair or Glider: Comfortable seating for feedings and soothing.
- Nightlight: Soft lighting for nighttime care.
- Dresser & Hamper: Organize clothes and laundry.
- Baby Monitor: Keeps you connected to your baby.

Diapering Supplies

- Newborn Diapers: Stock up, as newborns can go through 8–12 daily.
- Wipes: Gentle, fragrance-free options.
- Diaper Rash Cream: Prevents and treats irritation.
- Diaper Pail: Odor-controlled disposal.
- Changing Pad Covers: At least 2 for easy swaps.

Feeding Essentials

- Nursing Bras & Pads: Comfort and leak protection.
- Breast Pump: Manual or electric, based on your needs.
- Bottles & Nipples: Even if breastfeeding, it's helpful to have bottles.
- Bottle Sterilizer & Drying Rack: Ensures cleanliness.
- Burp Cloths & Bibs: Manage feeding messes.
- Nursing Pillow: Supports comfortable feeding positions.

Clothing for Baby

- Onesies & Sleepers: Soft, comfortable daily wear.
- Socks & Mittens: Keep extremities warm and prevent scratching.
- Hats: For warmth and sun protection.
- Swaddle Blankets: Help baby feel secure.

Bathing Supplies

- Infant Bathtub: Designed for newborn safety.
- Baby Shampoo & Body Wash: Gentle, tear-free formulas.
- Soft Towels & Washcloths: Preferably with hoods to keep baby warm.
- Bath Thermometer: Ensures safe water temperature.

Health & Safety

- Digital Thermometer: For accurate readings.
- Nasal Aspirator: Clears baby's nasal passages.
- Nail Clippers or Emery Boards: For tiny nails.
- First Aid Kit: Include essentials like bandages and antiseptic.
- Saline Drops: Relieve nasal congestion.

Travel Gear

- Car Seat: Rear-facing infant car seat is mandatory for hospital discharge.
- Stroller: Choose one that suits your lifestyle and terrain.
- Diaper Bag: Stocked with on-the-go necessities.
- Baby Carrier: For hands-free carrying.
- Portable Changing Pad: Convenient for diaper changes on the go.

Postpartum Must-Haves for New Moms

Postpartum Recovery for Mom

- Maternity Pads: Manage postpartum bleeding.
- Comfortable Clothing: Loose-fitting and nursing-friendly attire.
- Peri Bottle: Gentle cleansing after delivery.
- Sitz Bath: Soothes and heals the perineal area.
- Pain Relief: As recommended by your healthcare provider.
- Nipple Cream: Prevents and treats soreness.
- Supportive Undergarments: Provide comfort and aid recovery.

Breastfeeding Support

- Nursing Pillow: Provides support during feedings.
- Breast Milk Storage Bags: For storing expressed milk.
- Nursing Tops: Facilitate easy breastfeeding.
- Lactation Supplements: Support milk production.

Baby Care

- Swaddle Blankets: Help baby feel secure.
- Pacifiers: If you choose to use them.
- Baby Monitor: For peace of mind during naps and nighttime.
- White Noise Machine: Aids in sleep.
- Play Mat: Encourages tummy time and development.

Emotional Well-being

- Support System: Stay connected with friends, family, or support groups.
- Rest: Prioritize sleep and rest whenever possible.
- Nutrition: Maintain a balanced diet to support recovery and breastfeeding.
- Hydration: Keep water nearby to stay hydrated.