

Baby Essentials Checklist

The must-have items a newborn needs through the first few months.

Safe Sleep

- ☐ Set up a crib or bassinet that meets current safety standards
- ☐ Add a firm, snug-fitting mattress and a few fitted sheets
- ☐ Keep the sleep space bare, with no pillows, bumpers, or loose blankets
- ☐ Use wearable blankets or sleep sacks for warmth
- ☐ Have a couple of swaddle blankets on hand
Stop swaddling once your baby shows signs of rolling.
- ☐ Place a baby monitor where you can see and hear easily

Feeding

- ☐ Gather a few bottles in a couple of sizes
- ☐ Keep a bottle brush and drying rack near the sink
- ☐ Stock burp cloths, eight to ten of them
- ☐ Have a nursing pillow ready if you plan to breastfeed
- ☐ Keep formula on hand if you plan to use it
Ask your pediatrician about choosing and preparing formula.
- ☐ Set up a comfortable feeding spot with water and snacks nearby

Diapering

- ☐ Stock newborn and size 1 diapers
- ☐ Keep fragrance-free wipes within arm's reach
- ☐ Set up a changing pad with a washable cover
- ☐ Have diaper cream ready for irritation
- ☐ Use a covered pail or sealed system for soiled diapers
- ☐ Pack a small portable changing kit for outings

Clothing & Layers

- ☐ Stock six to eight onesies in newborn and 0 to 3 month sizes
- ☐ Have several footed sleepers with easy snaps or zippers
- ☐ Keep socks, hats, and scratch mittens on hand
- ☐ Add weather-appropriate layers like a sweater or bunting
- ☐ Keep a few extra swaddles and receiving blankets nearby

Bath & Skin Care

- ☐ Use a baby bathtub or a soft sink insert
- ☐ Keep hooded towels and soft washcloths ready
- ☐ Stock fragrance-free baby wash and lotion
- ☐ Have baby nail clippers or a file and a soft hairbrush
- ☐ Start with sponge baths until the cord stump heals
Check with your pediatrician about cord care.

Health & Comfort

- ☐ Keep a digital thermometer for checking temperature

- ☐ Have a nasal aspirator for stuffy noses
- ☐ Stock a basic baby first aid kit
- ☐ Run a humidifier during dry-air seasons
- ☐ Try a couple of pacifiers if you choose to offer one
- ☐ Keep your pediatrician's number saved and easy to find

On the Go

- ☐ Install an infant car seat and learn to buckle it correctly
- ☐ Keep a stroller or carrier ready for walks and errands
- ☐ Pack a roomy diaper bag with spare clothes and supplies
- ☐ Stash a clean change of clothes for yourself, just in case
- ☐ Carry a small blanket and a backup pacifier if you use one