

First Baby Checklist

Everything first-time parents need to prepare before and after their baby arrives, organized into clear, manageable steps.

Prepare Your Home

- ☐ Set up a safe sleep space with a firm, flat mattress and fitted sheet.
- ☐ Choose and prepare a diaper-changing area with supplies within reach.
- ☐ Wash baby clothes, blankets, and bedding in a gentle detergent.
- ☐ Babyproof basics like outlet covers, cabinet latches, and cord safety.
- ☐ Stock a small first-aid kit and a digital thermometer.
Ask your pediatrician which items they recommend keeping on hand.
- ☐ Create a comfortable spot for feeding with good back support and a side table.

Baby Gear and Travel

- ☐ Install an infant car seat and have it inspected before the due date.
- ☐ Choose a stroller or carrier that fits your daily routine.
- ☐ Set up a crib, bassinet, or co-sleeper that meets current safety standards.
- ☐ Get a baby monitor if your sleep space is in another room.
- ☐ Prepare a diaper bag stocked with the basics for outings.
- ☐ Add a portable changing pad and a few spare outfits to your bag.

Feeding Supplies

- ☐ Decide on your feeding approach and gather the matching supplies.
- ☐ Stock bottles, nipples, and a bottle brush if you plan to bottle-feed.
- ☐ Set up a breast pump and storage bags if you plan to pump.
- ☐ Have burp cloths and bibs ready for spills and spit-up.
- ☐ Keep a comfortable feeding pillow nearby for support.
- ☐ Talk to your provider about feeding questions and concerns.
A lactation consultant can help if breastfeeding feels difficult early on.

Clothing and Diapering

- ☐ Stock newborn and next-size bodysuits, sleepers, and socks.
- ☐ Keep a few packs of diapers in the smallest size and the next size up.
- ☐ Have plenty of wipes and a gentle diaper cream on hand.
- ☐ Add swaddles or sleep sacks suited to the season.
- ☐ Prepare hats, mittens, and weather-appropriate layers.
- ☐ Set up a small laundry routine for frequent outfit changes.

Health and Safety

- ☐ Choose a pediatrician and schedule the first newborn visit.
- ☐ Gather baby bath supplies, soft towels, and a gentle wash.
- ☐ Keep a nasal aspirator and infant nail file or clippers ready.
- ☐ Learn the basics of safe sleep and follow them every time.
- ☐ Save key phone numbers for your provider and nearest urgent care.
Consider a basic infant CPR class before your due date.
- ☐ Review any health guidance from your provider for the first weeks.

Paperwork and Finances

- ☐ Confirm the process for the birth certificate and Social Security number.
- ☐ Add your baby to your health insurance within the enrollment window.
- ☐ Review and arrange parental leave with your employer.
- ☐ Update beneficiaries and consider a basic will or guardianship plan.
- ☐ Set a simple budget for new baby-related expenses.
- ☐ Keep all important documents together in one labeled folder.

Line Up Support

- ☐ Identify who can help in the first weeks home.
- ☐ Prepare and freeze a few easy meals ahead of time.
- ☐ Set boundaries and a plan for early visitors.
- ☐ Save contacts for support lines, classes, or new-parent groups.
- ☐ Arrange backup transportation in case you need it.
- ☐ Plan small moments of rest and recovery for both parents.

Accept offers of help with chores, meals, and errands.