Nursery Checklist

A room-by-room guide to setting up a safe, functional, and cozy nursery for your new baby.

Plan the Layout

- [ ] Measure the room and sketch a layout before buying furniture.
- [ ] Choose a calm color palette or theme to guide your choices.
- [ ] Map out zones for sleeping, changing, feeding, and storage.
- [ ] Keep the crib away from windows, cords, and heat sources.
- [ ] Plan clear walking paths so you can move easily in the dark.
  Leave room to open drawers and doors fully without obstruction.
- [ ] Decide what is essential now versus what can be added later.

Furniture Essentials

- [ ] Choose a crib or bassinet that meets current safety standards.
- [ ] Add a dresser or shelving for clothes and supplies.
- [ ] Set up a sturdy changing station at a comfortable height.
- [ ] Include a comfortable chair or glider for feeding.
- [ ] Anchor tall furniture to the wall to prevent tipping.
  Use anti-tip straps on dressers and bookcases.
- [ ] Assemble all furniture carefully and check that it is stable.

Safe Sleep Setup

- [ ] Use a firm, flat mattress that fits the crib snugly.
- [ ] Dress the crib with a fitted sheet and keep it otherwise bare.
- [ ] Remove pillows, blankets, bumpers, and stuffed toys from the crib.
- [ ] Install a baby monitor if the nursery is in another room.
- [ ] Keep cords from blinds and electronics out of reach.
- [ ] Review current safe sleep guidelines and follow them every time.

Storage and Organization

- [ ] Sort and fold clothes by size so the next stage is easy to find.
- [ ] Use labeled bins or baskets for diapers, wipes, and supplies.
- [ ] Keep changing essentials within arm's reach of the table.
- [ ] Set up a hamper for the steady stream of laundry.
- [ ] Store rarely used items higher up and daily items low.
  Keep small objects and hazards well out of reach.
- [ ] Leave a little empty space for gifts and growing supplies.

Lighting and Climate

- [ ] Add blackout curtains or shades to help with daytime naps.
- [ ] Set up soft, dimmable lighting for nighttime feeds and changes.

- [ ] Place a small night-light for low-glare visibility.
- [ ] Keep the room at a comfortable, moderate temperature.
- [ ] Add a room thermometer to monitor warmth.
  Aim for cool over warm and dress your baby in light layers.
- [ ] Consider an air filter or humidifier if your space needs it.

Decor and Comfort

- [ ] Hang wall art or shelves securely and out of crib reach.
- [ ] Add a soft, washable rug for floor time and comfort.
- [ ] Choose calming, simple decor that grows with your baby.
- [ ] Set up a cozy reading corner for quiet moments together.
- [ ] Secure any heavy frames or shelves to the wall.
- [ ] Keep decorations minimal near the crib for safety.

Stock the Supplies

- [ ] Stock diapers and wipes in the smallest size and the next size up.
- [ ] Keep a gentle diaper cream and clean changing pad covers ready.
- [ ] Fill a drawer with bodysuits, sleepers, socks, and swaddles.
- [ ] Add burp cloths, bibs, and a few soft blankets for awake time.
- [ ] Keep a basket of feeding supplies near the chair.
- [ ] Restock essentials before they run low to avoid late errands.
  Do a quick weekly check of diapers and wipes.