

Ema / Francisco

A free checklist for new mommies and daddies.



Baby clothes

- ☐ 4-8 onesies (wide head openings and loose legs)
- ☐ 4-8 undershirts (snaps at neck or wide head openings, snaps under crotch)
- ☐ 4-8 one-piece pajamas
- ☐ 2 blanket sleepers for winter baby
- ☐ 1-3 sweaters or jackets (front buttoned)
- ☐ 1-3 rompers or other dress-up outfits
- ☐ 4-7 socks or booties (shoes are unnecessary until baby walks)
- ☐ 1-3 hats (broad-brimmed for a summer baby, soft cap that covers ears for a winter baby)
- ☐ No-scratch mittens
- ☐ Bunting bag or fleece suit for a winter baby

Nursery

- ☐ Crib, cradle or bassinet
- ☐ Firm, flat mattress that fit snugly in crib (less than two fingers should fit between mattress and crib)
- ☐ Rocking or arm chair
- ☐ Baby monitor

- ☐ Nightlight
- ☐ Dresser
- ☐ Toy basket

Baby bedding

- ☐ 1-3 washable crib mattress pads
- ☐ 2-4 fitted crib sheets
- ☐ 4-6 soft, light receiving blankets
- ☐ 1-2 heavier blankets (for colder climates)

Diapers

- ☐ Changing table or cushioned changing pad for low dresser or bureau, with safety strap or railing
- ☐ Diaper pail and liners
- ☐ Diaper bag
- ☐ Diaper cream
- ☐ Unscented baby wipes (causes less irritation)
- ☐ Soft washcloths
- ☐ 6-10 dozen cloth diapers and 6-8 diaper covers, or 2-3 large boxes of disposable newborn-size diapers

Bath

- ☐ Baby bathtub
- ☐ Baby soap
- ☐ Baby shampoo
- ☐ 2-4 soft towels or hooded baby towels
- ☐ Baby hairbrush
- ☐ Soft washcloths (use a different color or pattern than your diaper washcloths!)
- ☐ Gentle laundry detergent

Feeding

- ☐ 10-16 bottles and nipples, both 4- and 8- ounce (if fed strictly by bottle, baby will go through about 10 in the 4-ounce size per day)
- ☐ Pump (if you plan to breastfeed)

- ☐ Milk storage bags (if you plan to breastfeed)
- ☐ Nursing pads (if you plan to breastfeed)
- ☐ Nipple cream (if you plan to breastfeed)
- ☐ Nursing pillow (if you plan to breastfeed)
- ☐ Bottle brush
- ☐ Dishwasher basket for small items
- ☐ 4-8 bibs
- ☐ Burp cloths
- ☐ 2-4 pacifiers
- ☐ Formula (if not nursing)
- ☐ Health
- ☐ Baby nail clippers or blunt scissors
- ☐ Baby thermometer
- ☐ Petroleum jelly and sterile gauze (for circumcision care)
- ☐ First aid kit

Baby gear

- ☐ Infant or convertible car seat
- ☐ Stroller or infant carrier
- ☐ Baby swing or bouncer
- ☐ High chair

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