

Baby Essentials Checklist

Very Essential for Newborns:

- Car Seat
- Stroller
- Sleeping Spot
- Diapers and Wipes
- Baby Carrier
- Baby Clothes: Bodysuits, Sleepers/Gowns, Swaddles, Socks, Hats

Often Essential for Newborns:

- Breast Pump
- Baby Bottles
- Organic Non GMO Formula
- Burp cloths
- Rocker, Bouncer, Swing
- Diaper Pail
- Baby Monitor
- Diaper Creme
- Nasal Aspirator
- Baby First Aid Kit
- Nail trimmer
- Changing pad or table
- Rocking chair or glider
- White noise machine
- Humidifier or air purifier combo
- Crib with waterproof mattress cover
- Baby safe laundry Detergent
- Baby bathtub
- Baby safe soap and shampoo
- Hooded towels

Essential for New Mother

- Nursing Bra
- Hot/Cold compresses for breast
- Nipple Cream
- Breastfeeding cover up or clothes
- Diaper Bag
- Freezer meals / Meal train
- Household help (30-40 days)
- Postpartum Doula
- Belly bind
- Postnatal massage
- Postnatal acupuncture appointment
- Postnatal chiropractic adjustment
- Join weekly breastfeeding support or Mama & baby group