

First Year New Mom Checklist

✦ FOR BABY ✦



Sleeping

- Baby monitor
- Bassinet or co-sleeper
- Crib (transitional)
- Crib sheets (3–4)
- Crib mattress covers (2–3)
- Portable playpen for sleeping
- Mattress covers for playpen (2)
- Sheets for playpen (3)
- Crib mobile
- Sound machine
- Nursery night light



Diapers

- Diaper paste (4)
- Diaper paste spatula (2)
- Changing pad
- Changing pad covers (4)
- Changing table or station
- Newborn diapers (300)
- Diapers (100 of size 1 and 2)
- Wipes (several boxes)
- Dirty diaper receptacle



Clothing

- Fleece jackets (2)
- Bunting suit
- Mittens (3 pairs)
- Onesies (8 per size, up to 1 year)
- Sleepers with zippers (10 per size, up to 1 year)
- Outfits for dressing up (4)
- Hamper or laundry bag
- Sleep sacks and/or swaddles (3 per size, up to 1 year)
- Booties (3 pairs)
- Socks (8 pairs)
- Pants (5 per size, up to 1 year)
- Winter hats (2)
- Beanie hats or knotted caps (4)
- Sun hat
- Baby hangers (15–30)



Cloth diaper extras

- Spray nozzle and splash guard
- Bamboo liners (200)
- Cloth diapers (25)
- Wet bags (2)

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Bathing

- Soap
- Shampoo
- Plastic bathtub or insert
- Bath toys
- Washcloths (8)
- Hooded towels (2)
- Hairbrush



Feeding

- Bibs (12)
- Burp cloths (15)
- Suction bowls and plates
- Sippy cups
- Spoons (4)
- High chair



Care items

- Baby ibuprofen or tylenol
- Bandages
- Antibiotic ointment
- Sunscreen
- Insect repellent
- Lotion
- Nail clippers
- Nasal aspirator
- Digital thermometer
- Tweezers
- Fragrance-free laundry detergent



On-the-go

- Sun shields for car window
- Car seat cover (1 summer, 1 winter)
- Baby carrier
- Infant car seat
- Convertible car seat
- Car mirror
- Stroller
- Diaper bag
- Travel sound machine

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Toys and exercise

- Exersaucer
- Books
- Push walker
- Bouncy seat
- Supportive chair to help them learn how to sit up
- Rattles
- Playgym or playmat
- Teething toys
- Link toys
- Blocks
- Balls



Miscellaneous

- Humidifier or vaporizer
- Outlet covers
- Safety locks
- Baby swing
- Rocking baby lounger
- Blankets (4–6)
- Receiving blankets (6)
- Pacifiers (6)
- Pacifier cords (4)

First Year New Mom Checklist

✦ FOR MOM ✦



Recovery from birth

- Ultra absorbent sanitary pads
- Peri bottle or spray bottle
- Cool packs or numbing spray
- Disposable mesh undies
- Stool softener



Feeding

- Four-ounce bottles with nipples (6)
- Eight-ounce bottles with nipples (6)
- Bottle and nipple cleaning brush
- Nursing pillow
- Nursing pillow cover
- Teething necklace
- Rocking recliner
- Bottle warmer
- Bottle drying rack



Formula extras

- Formula
- A few extra bottles



Breastfeeding extras

- Nursing tank tops (3)
- Nursing bras (6)
- Nipple cream
- Reusable breast pads (12)
- Nursing shirts (4)
- Nursing dresses (1–2)
- Breast pump
- Hands-free pumping bras (2)
- Milk storage bags (100)
- Vitamin D drops



Memories

- Scrapbook or calendar for first year
- Place to put footprints and handprints
- App for keeping track of memories
- App for keeping track of feeding, sleeping and diapers