

Your Newborn Baby Checklist

First Trimester

Things To Do

- ☐ Book your doctors or midwife appointment
- ☐ Book your prenatal blood work
- ☐ Book your dating ultrasound
- ☐ Tell your closest family and friends!
- ☐ Book your maternity and newborn photographer

Things To Buy

- ☐ Start building your maternity wardrobe

Third Trimester

Things To Do

- ☐ Count kicks.
- ☐ Regular doctor or midwife appointments
- ☐ Prepare for breastfeeding
- ☐ Choose a paediatrician for your baby
- ☐ Create a birth plan
- ☐ Learn about the stages of labour and methods for coping with labour pains
- ☐ Wash baby's clothing and bedding
- ☐ Line up some helpers
- ☐ Prepare some meals and snacks for the freezer
- ☐ Stock up on household and personal supplies
- ☐ Install baby's car seat
- ☐ Pack your hospital bag for the big day
- ☐ Stock up on some light entertainment
- ☐ SLEEP while you can

Things To Buy

Feeding

- ☐ 6-10 4- and 8- ounce bottles and nipples
- ☐ Bottle Brush
- ☐ 3-4 soft bibs for spit up and milk dribbles
- ☐ Burp cloths
- ☐ 2-3 pacifiers

Bathtime

- ☐ Baby bath tub or sink insert
- ☐ 2-4 soft towels or hooded towels
- ☐ Baby hairbrush

Diapering

- ☐ A changing table or pad
 - ☐ Diaper bag
 - ☐ soft washcloths
 - ☐ 20 newborn size cloth diapers
 - ☐ Diaper pail and wet bag
 - ☐ Cloth wipes
 - ☐ Wipe warmer
 - ☐ Cloth safe diaper cream
- OR
- ☐ 2-3 large boxes of newborn sized diapers
 - ☐ 6-8 packages of unscented baby wipes

Second Trimester

Things To Do

- ☐ Announce to the world the anticipated arrival of your little cutie pie!
- ☐ Regular doctor or midwife appointments
- ☐ Second trimester tests and screenings
- ☐ Find a prenatal exercise class
- ☐ Decide on whether you'll be using a doula
- ☐ Narrow down your name list
- ☐ Look into childbirth classes
- ☐ Prepare your older children if you have some
- ☐ Go to the dentist
- ☐ Start doing kegel exercises
- ☐ Create your registry
- ☐ Start thinking about your baby shower
- ☐ Start planning for maternity leave

Things To Buy

Nursery

- ☐ Crib, cradle or bassinet
- ☐ Firm mattress that fits snugly into the crib
- ☐ Rocking Chair
- ☐ Baby monitor
- ☐ Dresser
- ☐ Humidifier
- ☐ Closet Organizers
- ☐ 1-3 crib mattress pads
- ☐ 2-4 fitted sheets
- ☐ 4-6 soft receiving blankets
- ☐ 3-4 swaddle blankets
- ☐ 3-4 swaddle sacks
- ☐ 1-2 heavier blankets for winter babies

Wardrobe

- ☐ 4-8 onesies
- ☐ 4-8 sleepers
- ☐ 2 sleep sacks
- ☐ 1-3 sweaters or jackets that button or zip up the front
- ☐ 1-3 rompers or fancier outfits
- ☐ 4-7 socks or booties.
- ☐ 1-3 hats
- ☐ No scratch mittens
- ☐ Warm suit or bunting bag if baby is expected in the winter months

Feeding, Travel & Play

- ☐ Infant or convertible car seat
- ☐ Stroller
- ☐ Infant carrier
- ☐ Baby Swing or bouncer
- ☐ Playard with bassinet
- ☐ Play mat
- ☐ High chair
- ☐ Baby thermometer
- ☐ Baby first aid kit

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