

Newborn Essentials (& Extras!) Checklist



Beautiful Blessings
— BIRTH SERVICES —

1. Nursery
 2. Master Bedroom
 3. Living Room
 4. Kitchen
 5. Bathroom
 6. Out and About
 7. Fancier Extras
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1.) Nursery

- crib
 - crib mattress
 - crib mattress protector
 - 3-4 fitted crib sheets
 - change station
 - change pad
 - 2-3 change pad covers
 - diapers
 - 1 case of newborns
 - 2(+) cases of size 1
 - OR 30-40 cloth (full set)
 - water wipes
 - 5-10 cotton washcloths
 - bum balm/rash paste
 - lotion/olive oil
 - hand sanitizer
 - clothing storage (dresser/closet)
 - glider/rocking chair with footrest
 - laundry bin
 - diaper pail
 - blackout curtains
 - white noise machine
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2.) Master Bedroom

- bassinet
- bassinet stay-dry pads/liner
- 2-3 fitted bassinet sheets
- pacifiers (optional)
- 2-3 swaddles (optional)
- change station
- * Tip! Set up a change station in master bedroom first & move to nursery around 6-8 weeks

- breastfeeding station
 - water bottle
 - vitamin D drops (adults & baby!)
 - 1-hand snacks spot
 - breast pads
 - Ameda triple zero lanolin cream
 - breastfeeding pillow/extra pillows
 - burp cloths
 - Haakaa
 - electric breast pump (optional)
- * Tip! If bottle feeding, set up a “warming station” in the master bedroom!
 - bottle warmer
 - small bin for used bottles

3.) Living Room

- change station caddy
- baby lounger/bouncer/swing (optional)
- endless swaddles/receiving blankets
- umpteen burp cloths
- water bottle

4.) Kitchen

This section includes all the gear for every kind of newborn feeding so take what you need & note what you don't!

- colostrum syringes
- 2-4 4oz bottles
- 2-4 newborn slow flow nipples
- * Tip! Start with one 2-pack of bottles to trial if baby likes them so you don't end up with a bunch of bottles that don't work!
- breastmilk storage bags
- microwave sani-steam bags
- microwave bottle sanitizer
- dishwasher rack (optional)
- bottle brush

- bottle + nipple drying rack
- one-step formula jug
- Baby Brezza Formula Pro (optional)

5.) *Bathroom*

- infant tub (optional)
- 2-3 hooded towels
- gentle shampoo
- gentle body wash
- gentle lotion/balm
- hair brush
- infant nail clippers
- punkin butt teething oil
- nose Frida snot sucker
- thermometer
- infant Motrin/Tylenol
- infant Benadryl

6.) *Out and About*

- stocked diaper bag
- infant car seat + base
- car seat mirror
- car seat window shade
- mini diaper change car kit
 - 1 backup outfit
 - 4-5 diapers
 - 1 pack of wipes
 - hand sanitizer
 - 1-2 toss away bags

*Tip! Update sizes of backup outfits and diapers regularly to avoid chaos!

- baby wrap/carrier/sling
- stroller
- stroller car seat adapters (optional)
- portable white noise machine (optional)



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7.) *Fancier Extras*

This section includes items that are not necessarily must-haves, but have either been found helpful by previous clients and/or are great to borrow to trial!

- postpartum doula hours, ready & waiting!
- lactation consultant on speed dial!
- Owlet Care smart sock
- Snoo Baby Bassinet
- MamaRoo/electric baby swing
- video/audio/motion baby monitor
- Baby Brezza Formula Pro
- Blooming Bath sink cushion
- Baby Merlin's magic sleep suit
- iThermonitor by FridaBaby
- Snuggle Me Organic baby nest
- itzy ritzy baby pacifiers + soother clips
- Hatch Rest sound machine
- velcro/zipper sleep sacks

Please note, not all of the 'fancier extras' items are specifically recommended by all of our birth doulas.

Additional items :
