

Newborn Essentials Checklist

First 6 Months

What you actually need, how many of each, and what to skip.

WHEN TO GET IT

- Before baby arrives
- Can wait until after birth

Diapering & Bath

- ☐ ● Diapers newborn + size 1 **1 box each**
- ☐ ● Wipes unscented **3-4 packs**
- ☐ ● Zinc-oxide diaper cream **1**
- ☐ ● Wipeable changing pad **1**
- ☐ ● Fragrance-free wash hair + body **1**
- ☐ ● Baby bathtub or bath support **1**
- ☐ ● Hooded towels + washcloths **2-3 each**
- ☐ ● Fragrance-free laundry detergent **1**
- ☐ ● Nail file or baby clippers **1**
- ☐ ● Soft brush & lotion **1 each**
- ☐ ● Digital thermometer rectal **1**
- ☐ ● First-aid kit + nasal aspirator **1**
- ☐ ● Vitamin D drops ask your pediatrician **1**

Safe Sleep

- ☐ ● Bassinet or crib + firm, snug mattress **1**
- ☐ ● Fitted sheets **2-3**
- ☐ ● Swaddles then sleep sacks **2-3**
- ☐ ● White noise machine optional **1**
- ☐ ● Dim, warm night light **1**
- ☐ ● Baby monitor once in own room **1**

Out & About

- ☐ ● Infant car seat new, installed **1**
- ☐ ● Stroller lie-flat or seat-compatible **1**
- ☐ ● Changing bag **1**
- ☐ ● Baby carrier TICKS rules **1**

Skip it (or wait)

- ✗ Weighted swaddles, sacks & blankets not safe for infants
- ✗ Crib bumpers suffocation risk, banned in the US
- ✗ Shoes not needed until walking
- ✗ Wipe warmer, sterilizer tower, diaper bin system
- ✗ High chair wait until solids, ~6 months
- ✗ Piles of newborn-size clothes

Feeding

BREASTFEEDING

- ☐ ● Breast pump check insurance **1**
- ☐ ● Nursing pillow **1**
- ☐ ● Nursing bras + breast pads **2-3 bras**
- ☐ ● Milk storage bags **1 box**

BOTTLE FEEDING

- ☐ ● Bottles slow-flow nipples **4-6**
- ☐ ● Bottle brush + drying rack **1 each**
- ☐ ● Infant formula FDA-regulated **1 tub**

EVERYONE

- ☐ ● Burp cloths **8-10**
- ☐ ● Bibs from ~3 months **4-6**
- ☐ ● Pacifiers optional **2-3**

Clothing per size

- ☐ ● Bodysuits / onesies **6-8**
- ☐ ● Zip sleepers **4-6**
- ☐ ● Socks or booties **4-6 pairs**
- ☐ ● Hats soft / warm / sun **1-2**
- ☐ ● Seasonal layer **1**
- ☐ ● Light blankets not for sleep **2-3**

Play & Awake Time

- ☐ ● Play mat / play gym **1**
- ☐ ● Bouncer awake time only **1**
- ☐ ● High-contrast toys + board books **a few**
- ☐ ● Baby swing optional **1**

Three safety rules

- **Sleep:** alone, on their back, on a firm flat mattress. Nothing else in the crib.
- **Fever under 3 months:** call the doctor the same day.
- **Car seat:** buy new, install before your due date, no bulky coats under the harness.