

READY FOR BABY

108 things for baby's first month, from feeding and safe sleep to the hospital bag and the paperwork. Made for parents in the US and Canada.

☐ Tick as you go. Skip what you don't need: every family's list is different. ★ Must-have before leaving the hospital

FEEDING

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- ☐ **Bottles with newborn (slow-flow) nipples**
Start with 2–4; how many depends on how often you wash.
- ☐ **Spare nipples in the next flow size**
- ☐ **Bottle brush**
- ☐ **Nipple brush**
- ☐ **Bottle drying rack**
Washed bottles need somewhere to drip dry.
- ☐ **Bottle sterilizer (UV or steam)**
- ☐ **Bottle warmer**
- ☐ **A can of formula as a backup**
You can decide after the birth; ask the hospital which kind.
- ☐ **Electric breast pump**
A manual pump tires your hand quickly. In the US, most insurance plans cover a pump; ask before you buy.
- ☐ **Spare pump parts**
Valves and tubing wear out; keep one spare set.
- ☐ **Breast milk storage bags**
Bags that stand up and fill from the top are easier to fill and pour.
- ☐ **Nipple cream**
- ☐ **Nursing pillow**
Holds baby up so your back and arms don't take the weight.
- ☐ **Large muslin blankets**
Handy as a nursing cover or burp cloth. Keep loose blankets out of the crib.
- ☐ **Small muslin squares and burp cloths**
Get plenty, for wiping mouths and burping over the shoulder.

SLEEP

7

Only a firm mattress and a fitted sheet in the crib: no pillows, blankets, stuffed toys or bumpers. Always put baby to sleep on their back.

- ☐ **Crib**
It must meet current safety standards. For a second-hand crib, check the year and any recalls.

- ☐ **Firm crib mattress**
Firm, flat and a snug fit, with no gaps at the sides.
- ☐ **Fitted crib sheets ×2–3**
One on, one in the wash, one spare.
- ☐ **Waterproof mattress protector**
Choose a thin one that fits snugly.
- ☐ **Bassinet or play yard**
Room-sharing without bed-sharing is recommended for the first 6 months; a bassinet by your bed may be more practical than the crib.
- ☐ **Sleep sacks or swaddles**
Stop swaddling once baby shows signs of rolling, and switch to a sleep sack.

- ☐ **Pacifiers**

DIAPERING

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- ☐ **Newborn diapers**
Babies outgrow them fast, so don't stock up.
- ☐ **Baby wipes**
- ☐ **Changing pad**
- ☐ **Soft cloths for diaper changes**
Warm water and a cloth at home saves on wipes.
- ☐ **Dry and water wipes for face and mouth**
- ☐ **Small boxes for cloths**
Keep face cloths and bottom cloths apart.
- ☐ **Cotton swabs**
- ☐ **Cotton balls (a small pack)**
You won't use many after the first weeks.
- ☐ **Sanitizing wipes for baby gear**
- ☐ **Diaper cream (zinc oxide)**
Petroleum jelly to prevent redness; zinc oxide once there's a rash.
- ☐ **Diaper pail with a sealing lid**
Keeps smells down, especially in a small home.

BATH & SKIN CARE

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- ☐ Baby bathtub
- ☐ Bath thermometer
Bath water around 37–38 °C (98.6–100.4 °F).
- ☐ Gentle 2-in-1 baby wash and shampoo
- ☐ Baby moisturizer
Indoor heating dries skin out in winter.
- ☐ Hooded or large soft towels
- ☐ Petroleum jelly ×2
One for the face, one for the diaper area.
- ☐ Calendula cream
Moisturizes and soothes. If baby has G6PD deficiency, ask your pharmacist before using herbal creams.
- ☐ Baby laundry detergent

CLOTHES

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- ☐ Side-snap kimono tops
How many depends on leaky diapers and how fast laundry dries.
- ☐ Bodysuits (newborn and 0–3 months)
A few of each; you won't know baby's size until they arrive.
- ☐ Zip sleepers
Zips beat snaps at 3 a.m.
- ☐ Going-home outfit for baby (two sizes)
- ☐ Swaddle blanket and hat
- ☐ Warm hats ×1–2
You'll need one to go home in the cold months.
- ☐ Mittens ×1–2
- ☐ Socks ×2–3
- ☐ Bibs

HEALTH

7

A baby under 3 months with a fever (100.4°F / 38°C or higher) needs a doctor or the ER right away. Don't give medicine on your own.

- ☐ Digital thermometer (rectal or armpit) ★ **Must-have**
For babies a rectal reading is the most accurate; use armpit for a first check.
- ☐ Ear thermometer (for later)
Newborn ear canals are small, so readings can be off; it works better after about 6 months.
- ☐ Baby nail clippers
- ☐ Baby nail file
- ☐ Nasal aspirator
Stuffy noses are common in winter.

- ☐ Saline nose drops
Use with the aspirator.
- ☐ Infant acetaminophen (e.g. Infant Tylenol)
To keep on hand. Under 3 months, only on a doctor's advice.

OUTINGS & COLD WEATHER

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No puffy coats or snowsuits in the car seat: the harness can't fit snugly. Dress baby in thin layers, buckle up, then add a blanket or a cover on top.

- ☐ Rear-facing infant car seat ★ **Must-have**
Needed to drive home from the hospital. Look for the National Safety Mark (Canada) or the FMVSS 213 label (US); avoid second-hand seats.
- ☐ Car seat cover for cold weather
Pick one that goes over the seat, not behind baby or through the harness.
- ☐ Thin fleece one-piece
- ☐ Stroller footmuff
- ☐ Diaper bag
- ☐ Baby carrier
- ☐ Stroller
Used less in the newborn weeks unless you go out a lot.
- ☐ Portable changing pad
Disposable ones work too.
- ☐ Insulated water flask
For making up formula on the go.
- ☐ Formula dispenser
Optional; disposable formula bags work too.

HOME

6

- ☐ Cool-mist humidifier
Heating dries the air in winter, which is hard on baby's nose and skin.
- ☐ Room thermometer and humidity gauge
Keep the room comfortable, not hot; baby needs about one more layer than you.
- ☐ Night light
For night feeds without the big light.
- ☐ White-noise machine
- ☐ Baby monitor
Optional in a small home.
- ☐ Test the smoke and carbon monoxide alarms

MOM: RECOVERY & HOSPITAL BAG

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- ☐ Hospital bag packed and by the door
Aim for about 36 weeks.

- ☐ Photo ID, insurance / health card
- ☐ Birth plan and prenatal records
- ☐ Phone + long charging cable
- ☐ Robe, nursing bras, comfy going-home outfit
- ☐ Toiletries, lip balm, hair ties
- ☐ Disposable or dark underwear, pads
- ☐ Snacks and a refillable water bottle
- ☐ Own pillow (pillowcase in a colour that's not white)
- ☐ Glasses / contacts and case
- ☐ Partner: change of clothes, toiletries, snacks
- ☐ Cash / card for parking and vending machines
- ☐ Postpartum pads for home (extra long, heavy flow)
You'll go through a lot in the first few weeks.
- ☐ Peri bottle
- ☐ Nursing pads
- ☐ Nursing bras ×2–3 for home
- ☐ Hot and cold breast packs
Soothe engorgement in the first weeks of feeding.

PAPERWORK & APPOINTMENTS

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- ☐ Infant car seat installed in the car ★ **Must-have**
Most hospitals won't discharge without one. Check the fit at a car-seat clinic.
- ☐ Choose a pediatrician / family doctor
The first checkup is usually within a few days of going home.

- ☐ Pre-register at the hospital or birth centre
- ☐ Plan the route and parking; do a practice drive
- ☐ Confirm parental leave and benefits paperwork
US: FMLA / state leave and short-term disability. Canada: EI maternity and parental benefits.
- ☐ Ask how to add baby to health insurance / coverage
Canada: baby's provincial health card (the hospital usually gives you the form). US: add baby to your plan within 30 days.
- ☐ Learn the birth certificate and SSN / SIN process
Most provinces bundle the birth registration, SIN and Canada Child Benefit in one online form. In the US the hospital usually starts the birth certificate and SSN.
- ☐ List of who to call when labour starts
- ☐ Arrange care for pets and older kids
- ☐ Stock the freezer with easy meals
- ☐ Take a prenatal / infant CPR class

FROM 6 MONTHS

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- ☐ High chair with a footrest
- ☐ Baby spoons, bowls and bibs for solids
- ☐ Open or straw cup
- ☐ Infant toothbrush and fluoride toothpaste
- ☐ Stair gates
- ☐ Outlet covers and furniture anchors
- ☐ Convertible car seat for when baby outgrows the infant seat
Keep it rear-facing to the seat's limits.

GET READY TOGETHER



In Little Us, the pregnancy app made for two, this list is shared: when one of you ticks an item, the other sees it right away. Add a note, the brand you bought or a photo of anything on it.

Coming soon to iPhone and Android · littleusapp.com

General information only, not medical advice. Follow your own care provider's guidance.