



FUNDAMENTALS
CHECKLIST

Essentials for mom and baby's first year

FUNDAMENTALS

checklist



DAILY ESSENTIALS

FROM NEWBORN

- STROLLER
- CAR SEAT
- CARRIER / SLING
- BABY BOUNCER
- PLAYMAT
- DIAPER BAG
- CHANGING PAD

6 MONTHS+

- HIGH CHAIR
- SUNSCREEN

CLEAN AND COMFORT

FROM NEWBORN

- BABY WIPES
- DIAPERS
- DIAPER RASH CREAM
- NAIL FILE / CLIPPER
- DIAPER PAIL & BAGS
- COMBS / BRUSHES
- TEETHING TOYS

6 MONTHS+

- TOOTHBRUSH
- BABY TOOTHPASTE

BATH TIME BLISS

FROM NEWBORN

- BABY BATH TUB / SEAT
- HOODED TOWEL
- BATH MUSLINS / SPONGE
- RINSE CUP
- CRADLE CAP SHAMPOO
- FAUCET COVER
- BODY WASH
- MOISTURIZER

NOURISHING BABY

FROM NEWBORN

- BOTTLES
- BOTTLE BRUSH
- BURP CLOTHS
- BOTTLE STERILIZER
- INSULATED BOTTLE BAG

6 MONTHS+

- FOOD CONTAINERS
- SUCTION PLATES
- BABY UTENSILS
- STRAW / OPEN CUPS
- COVERALLS / BIBS

BABY PROOFING

ALL 6 MONTHS+

- BABY GATES
- FINGER PINCH GUARDS
- OUTLET COVERS
- FURNITURE ANCHORS
- CORNER GUARDS
- TOILET LOCKS
- EDGE BUMPERS
- STOVE KNOB COVERS
- CUPBOARD LOCKS
- OVEN DOOR LOCKS
- POWER STRIP COVERS
- FRIDGE LOCK
- CORD SHORTENERS
- DOOR LOCK

MAMA'S HEALING KIT

ALL

- POSTPARTUM PADS
- PERI SPRAY BOTTLE
- C-SECTION SCAR HEALING CREAM

BREASTFEEDING / PUMPING

- PUMP & EXTRA PUMP PARTS
- NURSING PILLOW
- NURSING BRAS / PUMPING BRAS
- NIPPLE CREAM
- SILVER NIPPLE SHIELDS
- BREAST PADS
- BREAST MILK STORAGE BAGS

NEWBORN CLOTHING

DAILY

- 6-8 ONESIES
- 4-6 SLEEPSUITS
- 4-5 OUTFITS
- 1-2 SPECIAL PIECES

EXTRA WARMTH

- 2-3 LIGHT LAYERS
- 4-5 LIGHTWEIGHT SOCKS
- 1-2 HATS
- 1 LIGHTWEIGHT JACKET OR PRAMSUIT

MEDICAL KIT

FROM NEWBORN

- INFANT ACETAMINOPHEN
- VASOLINE
- THERMOMETER
- NASAL ASPIRATOR
- NASAL SALINE SPRAY
- FIRST AID KIT
- HUMIDIFIER

6 MONTHS+

- INFANT IBUPROFEN