

VCUmom.com Newborn Checklist

Many mothers find it helpful to review a comprehensive list of items that may help them care for their baby. This list was compiled with the input of new moms and includes both the basics and the nice-to-haves. You may not want or need many of these items - the #1 baby essential is your tender care.

To prepare for your baby's arrival, check the items that you want to have on hand before bringing baby home.

This list provides brand names in some instances. This is not intended to be an endorsement of a particular product

Out and About

- Infant Car Seat
- Hands-free Baby Carrier - such as a sling, Ergobaby™, BabyBjörn®, MOBY® Wrap
- Reclining Stroller (allowing newborn to lie flat)
- Stroller Blanket
- Winter Bunting Bag (a.k.a. baby puffer jacket)
- Diaper Bag with Diapers, Wipes and Changing Pad

Clothing

- Socks
- Onesies
- One-piece Snap Outfits
- Mittens (winter)

Nursing

- Comfortable Chair, Rocker or Glider
- Feeding Pillow with Washable Cover - such as Boppy®, My Breast Friend™
- Burp Cloths
- Nursing Bras
- Breast Pads
- Nursing Nightgowns
- Nursing Shirts
- Breast Pump

- Quick Clean Wipes (pump parts)
- Breast Milk Bottle Set (return to work)
- Breast Milk Freezer Storage Bags
- LactMed® Breastfeeding Phone App

Sleep

- Crib
- Crib Mattress
- Waterproof Crib Mattress Covers
- Crib Mattress Sheets
- Muslin Blanket (warmer months)
- Cotton Swaddling Blanket
- Sleep Sack or Footed Pajamas (cooler months)
- Sleep Machine
- Audio or Video Monitor
- Bassinet or Pack n' Play® (travel)

Bathing

- Infant Tub
- Bathing Sponge
- Washcloths (thin)
- Gentle Baby Wash
- Bath Cup (pour water over baby's head)
- Hooded Towels

Diapering

- Diapers
- Wipes
- Changing Table with Pad
- Changing Table Pad Covers (washable)
- Trashcan with Lid
- Diaper Rash Cream - such as Triple Paste®

Playtime

- Activity Mat
- Bouncy Seat
- Bumbo® Seat (2 - 6 mo)
- ExerSaucer® (3 - 4 mo)

Keeping Baby Healthy

- Infant Thermometer
- Infant Fingernail Clippers or Emery Board
- Humidifier
- Nasal Aspirator
- Cotton Balls (clogged tear ducts)
- Dry Skin Lotion - such as Aquaphor®
- Fever Reducer - such as Infants' TYLENOL® *
- Gas Drops - such as MYLICON® *

* Consult with your care provider before giving medicine to your baby.