

## THE COMPLETE NEWBORN CHECKLIST

	ESSENTIALS	RECOMMENDED	NICE TO HAVE
Breastfeeding	<input type="checkbox"/> Breast Pads	<input type="checkbox"/> Access to a breast pump	<input type="checkbox"/> Breastfeeding pillow
	<input type="checkbox"/> Nipple cream	<input type="checkbox"/> Formula milk & bottle (just in case)	<input type="checkbox"/> Clothing for discreet breastfeeding
	<input type="checkbox"/> Feeding bra's	<input type="checkbox"/> Feeding shawl or similar	<input type="checkbox"/> Your own breast pump
	<input type="checkbox"/> Burping cloths	<input type="checkbox"/> Watch/clock with alarm	
		<input type="checkbox"/> Bags for freezing pumped milk	
	<input type="checkbox"/> Note pad and pen		
Bottle feeding	<input type="checkbox"/> Formula/Breast milk	<input type="checkbox"/> Extra bottles	<input type="checkbox"/> Bottles with anti-colic system
	<input type="checkbox"/> 3 or more newborn bottles	<input type="checkbox"/> Formula powder containers	<input type="checkbox"/> Drying rack for bottles etc
	<input type="checkbox"/> Bottle brush	<input type="checkbox"/> Steam sterilization unit	
	<input type="checkbox"/> Sterilization equipment		
	<input type="checkbox"/> Burping cloths		
	<input type="checkbox"/> Baby bibs		
Sleep	<input type="checkbox"/> Comfortable and safe bed/cot	<input type="checkbox"/> Wedged sponge pillow	<input type="checkbox"/> Breathing/sound monitor like
	<input type="checkbox"/> Fitted sheets for mattress	<input type="checkbox"/> Travel/camping cot	<input type="checkbox"/> Side-wedge pillows
	<input type="checkbox"/> Receiving blankets	<input type="checkbox"/> Safety (anti-suffocation) mattress	<input type="checkbox"/> Very dim night light
	<input type="checkbox"/> Comfortable clothing	<input type="checkbox"/> Dark, quiet sleeping area	
	<input type="checkbox"/> Extra warm blankets	<input type="checkbox"/> Soft, calming music	
	<input type="checkbox"/> Mosquito net		
Nappy Care	<input type="checkbox"/> Surface for changing nappies	<input type="checkbox"/> Linen savers or changing mat	<input type="checkbox"/> Air-tight nappy disposal system
	<input type="checkbox"/> Disposable or cloth nappies	<input type="checkbox"/> Nappy disposal bags	<input type="checkbox"/> Baby changing station/basinette
	<input type="checkbox"/> Accessories for cloth nappies		
	<input type="checkbox"/> Wet wipes and/or wet wash cloth		
	<input type="checkbox"/> Cotton balls		
	<input type="checkbox"/> Petroleum jelly		
	<input type="checkbox"/> Bum barrier cream		
	<input type="checkbox"/> Nappy rash cream		
<input type="checkbox"/> Nappy disposal facility/bin			
Comfort	<input type="checkbox"/> Means to control temperature	<input type="checkbox"/> Carry cot or similar	<input type="checkbox"/> Pram/travelling system
	<input type="checkbox"/> Comfortable clothes (SEE LIST)	<input type="checkbox"/> Kangaroo type carrier	<input type="checkbox"/> Car window shade
	<input type="checkbox"/> Nursery thermometer	<input type="checkbox"/> Soft, warm blankets	
	<input type="checkbox"/> Receiving/swaddling blankets	<input type="checkbox"/> Sun hat	
		<input type="checkbox"/> Dummies/pacifiers	
		<input type="checkbox"/> Dummy/pacifier cord	
Grooming	<input type="checkbox"/> A baby bath	<input type="checkbox"/> A bath thermometer	<input type="checkbox"/> After bath mattress
	<input type="checkbox"/> Baby hair/body wash	<input type="checkbox"/> Baby bather seat/cushion	
	<input type="checkbox"/> Soft clean hooded towels		
	<input type="checkbox"/> Aqueous cream		
	<input type="checkbox"/> A baby hair brush		
	<input type="checkbox"/> Baby nail clippers		
	<input type="checkbox"/> Special baby ear buds		
	<input type="checkbox"/> Surgical spirits		
Baby's Health	<input type="checkbox"/> Infant care seat (very important!)	<input type="checkbox"/> Probiotic for infants	<input type="checkbox"/> Room humidifier
	<input type="checkbox"/> Infant colic relief drops/gripe water	<input type="checkbox"/> Rescue Remedy (also for Mom)	<input type="checkbox"/> Tissue salts for various ailments
	<input type="checkbox"/> Thermometer	<input type="checkbox"/> Sun protection lotion	
	<input type="checkbox"/> Infant paracetamol	<input type="checkbox"/> Baby insect repellent	
	<input type="checkbox"/> Saline nose drops	<input type="checkbox"/> Teething gel	
	<input type="checkbox"/> Infant medicine dispenser/syringe	<input type="checkbox"/> Antiseptic ointment	
	<input type="checkbox"/> Baby first aid kit		
Mom's Stuff	<input type="checkbox"/> Vitamin and mineral supplements	<input type="checkbox"/> Schleen Blackthorn Berry Elixir	<input type="checkbox"/> Ring cushion (after normal delivery)
	<input type="checkbox"/> Wound care necessities	<input type="checkbox"/> Rehydration Sachets (also for baby)	
	<input type="checkbox"/> Maternity pads	<input type="checkbox"/> Arnica oil	
	<input type="checkbox"/> Suitable hospital clothing	<input type="checkbox"/> Disposable underwear	
	<input type="checkbox"/> Feeding bra's		
	<input type="checkbox"/> Coarse sea salt		
Clothing	<input type="checkbox"/> Daytime babygrows		
	<input type="checkbox"/> Babygrows for sleeping		
	<input type="checkbox"/> Body vests (long and short sleeved)		
	<input type="checkbox"/> Baby socks		
	<input type="checkbox"/> Hats/beanies		
	<input type="checkbox"/> Warm jackets/jerseys		