

Checklist of essentials to prepare for your baby's arrival

For the new mother

- Register for prenatal classes
- Create the birth plan
- Find out what help is available

- Discover the activities for new moms in your area



For the hygiene and health of your baby

- Diapers of different sizes, disposable or washable
- Wet wipes or washcloths to clean your baby's bottom
- A baby bathtub or washbasin
- A mild soap/shampoo
- Scissors
- Nail clippers and a nail file
- A brush and a comb
- Soft washcloths and towels
- A thermometer
- Petroleum jelly (Vaseline)
- Acetaminophen (fever)
- A syringe (medication)
- A heating bag (colic)
- Zinc oxide cream (diaper rash)
- An antihistamine (allergies)
- A nasal aspirator for babies
- Saltwater (nose)

For feeding your baby

- Nursing bras
- Nursing pads
- Moisturizing nipple cream
- A nursing pillow
- A breast pump, if needed
- Feeding bottles
- Commercial milk (powder or liquid)
- A brush for cleaning bottles

For the baby's sleep

- A bassinette (bassinet or cradle)
- Contour sheets
- Soft blankets

For baby clothes and accessories

- Pyjamas
- Diaper covers
- Socks and slippers to keep little feet warm
- Caps to prevent heat loss
- Mittens to avoid scratches
- Practical seasonal clothing
- Bibs
- Pacifiers
- A stroller with a clamshell (the clamshell is essential to leave the hospital)
- A shell cover if needed

The luxury trousseau for baby

- A rocking chair
- A vibrating chair
- A bottle drainer
- A bottle sterilizer
- A bottle warmer
- A device for the preparation of bottles
- A baby carrier
- A diaper garbage can
- Toys for bathing, teething, awakening, etc.
- A breast pump
- A monitor
- A diaper bag

Notes
