

## Newborn checklist for first time mothers

### ***Baby wear***

- Newborn clothes (7-10 pieces)
- Hats (3-5 pcs)
- Bibs (3-5 pcs)
- Long pants (for going out)
- Mittens and booties (3-5 sets) – only for the first 6 weeks
- Swaddle blanket (3-5 pcs) – only for the first 6 weeks
- Baby laundry detergent (optional)

*Babies grow very quickly, so it is advisable to stock less newborn clothes and buy extra sets of 3-6 months clothing.*

*# You may want to get storage cabinet or chest of drawers to keep the clothes and diapers.*

### ***Sleeping***

- Baby cot (optional if you intend to co-sleep)
- Baby mattress with waterproof protection sheet
- Baby pillow and blanket (2-3 sets)
- Bedsheets (2-3 sets)
- Bumper protection pads (2 sets for alternating and washing)
- Crib mobile, Baby nightlight and baby monitor (optional)

### ***Eating***

*For the first 6 months; baby is on milk feeds only so there is no need to rush to get a high chair or food blender*

- Newborn formula milk for standby (1 tin)
- Newborn milk bottles (2-3; some babies may reject certain bottles so you may need to change to a different type later on)
- Milk bottle steriliser (either steam or UV; optional)
- Baby washing liquid (for cleaning bottles and toys; optional)
- Teat and Bottle brush (for cleaning)
- Milk bottle drying rack
- Breast pump (for expressing breastmilk unless direct latching)
- Breast milk storage bottles / bags
- Milk bottle warmer (to warm up breastmilk; optional for some)
- Breast pads, nipple shield, nipple cream, nursing cover (optional)
- Breast feeding pillow and nursing bras for the mother (optional)
- Pacifiers (optional)

## ***Bathing***

- Baby bath tub with newborn insert (stand is not necessary; use a table)
- Wash cloth to bath the baby (3-5 pcs)
- Gauze / fabric toothbrush to clean the baby's mouth or you can use a clean wash cloth
- Cotton balls / pads to clean baby's eyes and face
- Baby shampoo, lotion and powder
- Bath towels with hood (3-5 pcs)
- Water check thermometer (optional)
- Bath toys (optional)

*Most hospitals will provide alcohol swabs or cord spirit to clean the umbilical stump in the first 1 week*

## ***Diaper change***

- Newborn size disposable diapers or cloth diapers (whichever you prefer)
- Baby wipes
- Barrier / diaper cream
- Waterproof changing mat (prefer foldable ones; can bring along in diaper bag)

*Some hospitals provide diaper bags (for putting in your diapers, milk bottles and other essentials when you go out) as free gift to new parents; check if you will be getting one before you purchase one for yourself.*

## ***Playing***

*There's no hurry to get many toys for a newborn as they only start to crawl between 6-9 months*

- Baby rocker or bouncer (for the first 6 months)
- Rattlers and teether toys
- Books and developmental toys
- Playard with a playmat (to cushion against falls)
- Safety gate (only install when baby starts to crawl)

## ***Miscellaneous***

- Changing table (optional for some who change baby on own bed)
- Thermometer (for checking baby's temperature)
- Baby nail scissors (with round ends)
- Nasal aspirators (optional)
- Hand sanitiser (for cleaning hands before touching baby)

## ***Travelling***

- Baby stroller (suitable for newborn) with removable cushion liners (for easy washing) and newborn head support or pillow (optional)
- Baby carrier (with infant insert; for strapped onto walking parents)
- Baby car seat installed in reverse direction (for driving parents)

## **What is in my newborn diaper bag?**

*3-5 pcs of disposable diapers  
plastic bags to put the soiled clothes / diapers  
barrier / diaper cream  
wet wipes  
foldable changing mat*

*Clean milk bottle (s) filled with cooled water  
milk powder in satchets / multi-compartment container  
a small metal hot water flask*

*a set of clean baby clothing for standby  
(optional; a set of adult clothing for changing as well)  
a pair of baby socks  
disposable bibs  
a small blanket to keep him warm*

*a packet of dry tissue  
a small portable hand sanitiser*

*toys and snacks (for the older child)*