

Baby Checklist

By baby checklist

Nursery & Sleep

Baby monitor

Baby monitors can include cameras, two-way audio, and alerts that help you keep an eye on your baby from another room. Some models also offer breathing or vitals tracking. The best monitors can be used via smartphone and allow for reliable range and support for multiple cameras. Consider how you will use it and the distance from your baby's room before you buy.

Crib

A crib is one of your biggest first investments for your baby. Do your research before buying. Look for a sturdy crib with safe slat spacing and easy access to your baby. Some models convert into toddler beds.

Mattress

Your baby's crib mattress should be firm, easy to clean, and fit the crib with no gaps at the edges. If your crib does not include a mattress, make sure the one you buy matches the crib size exactly for a snug, safe fit.

Changing table

A changing table is where you will keep all your essentials for a diaper change. Look for one that is sturdy, easy to wipe off, with plenty of space for baby and additional storage for items like diapers, rash cream, baby oil and more.

Bassinet

Many people choose a bassinet as a first bed for their baby, instead of a crib. A bassinet has the advantage of being portable, allowing you to place it beside your bed and take it with you. Look for bassinets that provide easy access to baby, are light, durable and easily portable.

Rocking chair

A rocking chair in the nursery is a great place to nurse or bottle-feed your baby, as well as sing or read to them before nap or bedtime. Look for a chair that is comfortable, with padded arms to support you while holding baby, and plenty of lap room for baby.

Mobile

A mobile in your baby's crib is a must-have to distract and entertain them before naps or bedtime. Look for ones that include sound, motion, multiple settings and can interact with your baby, stimulating their senses and building hand-eye coordination.

Nightstand

A nightstand in the nursery can hold a lamp, some baby books and other memorabilia or gifts for baby from family. Look for a nightstand with a height that is easy to reach from your rocking chair, or wherever you will nurse, for ease of reach during those night feedings.

White noise machine

White noise can help soothe baby and improve sleep by masking sudden sounds. Look for a machine with multiple sound options, adjustable volume, and a timer or continuous mode. Prefer one that can run all night reliably.

Blackout curtains

Blackout curtains help create a dark environment for naps and early bedtime, especially during summer. Look for true blackout fabric (not just darkening), easy installation, and a size that covers the full window to reduce light leaks.

Night light

A soft night light makes night feedings and diaper changes easier without waking the baby fully. Look for warm/dim light, adjustable brightness, and a stable design that won't tip over or glare.

Swaddles

Swaddles help newborns feel secure and sleep better by reducing the startle reflex. Look for breathable fabric, easy fasteners (Velcro/zip), and the right size for your baby's weight. Stop swaddling once your baby shows signs of rolling.

Sleep sacks

Sleep sacks (wearable blankets) keep baby warm without loose blankets in the crib. Look for the right TOG/warmth level for your climate, soft breathable fabric, and a zipper that makes diaper changes easy.

2 - 3 large cotton blankets

Blankets will go through a lot of washes due to spit-up and diaper leaks, so having a few extras helps. Look for soft, breathable cotton blankets that are easy to wash. Use them for tummy time, stroller rides, or supervised snuggles, and keep the crib free of loose blankets for safe sleep.

2 - 3 fitted crib sheets

Fitted crib sheets protect the mattress and make cleanups easier after leaks or spit-up. Look for sheets that fit snugly with elastic edges, feel soft, and hold up well after frequent washing.

1 Baby quilt

A baby quilt is great for stroller rides, floor time, or supervised cuddles. Look for one that is soft, warm, washable, and holds up well over time. Avoid using quilts as loose bedding in the crib.

1 - 2 mattress pads

Mattress pads are a must with a baby. The first leaky diaper will make you happy you invested in two. Look for ones that are made of hypoallergenic material, durable and washable.

Gear

Car seat

A rear-facing infant car seat is essential for bringing your baby home and traveling safely. Many infant seats click into a base and can be carried by the handle, and some also attach to a stroller as a travel system. Look for strong safety ratings, an easy-to-adjust harness, and a base that installs securely in your car. If you plan to use it with a stroller, check compatibility before you buy.

Baby carrier

Baby slings or carriers allow you to keep your baby close while also freeing your hands to do other things. They can range from simple pieces of stretchable fabric to more molded carriers. The best thing you can do before you buy is test it out on you and your baby for comfort and fit. Always look for an ergonomic baby carrier.

Stroller

A baby stroller is a must in order to maintain some independence while you have a young baby. Strollers come in all shapes, sizes, and designs. Some are built for trail type use, while others are for urban use. Think about how you will use it most before you buy.

Travel crib (pack-and-play)

A travel crib provides a safe sleep/play space when visiting family or traveling. Look for easy setup, a stable frame, and a mattress that fits properly without gaps. Consider weight and packed size if you travel often.

Stroller rain cover

A rain cover keeps baby dry in wet weather and wind. Look for a cover made for your stroller model (or universal fit), good ventilation, and easy access to baby without removing the full cover.

Stroller travel bag

A travel bag protects your stroller during flights and storage. Look for durable material, strong zippers, handles/straps, and enough space for your stroller size. Some include padding for extra protection.

Stroller fan

A stroller fan helps keep baby cool in warm weather. Look for flexible mounting, safe fan guards, rechargeable battery, and quiet operation. Ensure it attaches securely and can't be pulled into the stroller.

Car window sunshades

Sunshades reduce heat and protect baby from direct sunlight. Look for easy install (static cling or suction), good coverage, and a design that doesn't block driver visibility.

Play yard

A play yard gives you a safe place to set your baby down for supervised tummy time or play. Look for one that is stable, portable, easy to set up, and comfortable to clean.

Bouncer

Babies love to bounce. Look for a bouncer that is stable, supports the head and neck, and provides a gentle bouncing or rocking motion. Many include attached activities to keep your baby entertained.

Baby swing

Baby swings are great for keeping your baby secure and comforted while you do other things. The best swings are adjustable, have varying speeds, and come with soothing sounds that lull your baby to sleep.

Activity center

Activity centers can be used for play and learning simultaneously, while freeing you up to do other things. Activity centers feature different developmental learning activities which are designed to teach your baby things like cause-and-effect, as well as improve hand-eye coordination. Look for activity centers that engage the body and stimulate multiple senses.

Development toys

Development toys for baby include crib mobiles, play mats, lights, blocks, and other toys designed to stimulate your baby's mind and senses during critical growth years. Check the packaging to be sure you're getting age-appropriate toys.

Feeding

6-8 Bottles

Baby bottles are used if you're feeding breast milk or formula by bottle. They come in different shapes and sizes, and in plastic or glass. Look for bottles that are easy to clean, comfortable to hold, and work well for your baby's feeding style.

- Pacifiers**

Pacifiers can help soothe baby and support sleep. Try a few shapes to see what your baby prefers. Look for one-piece, easy-to-clean designs and age-appropriate sizes. Keep a few spares for the diaper bag and nursery.
- Bottle warmer**

Bottle warmers quickly and evenly heat breast milk or formula. Look for a warmer that fits your bottle type, heats gently (not too hot), and is easy to clean. Extra useful for night feeds.
- High chair**

A high chair is a next-phase item for starting solids, but many parents plan early. Look for one that is stable, easy to wipe down, has a secure harness, and fits your table height and space.
- 2 Bottle brushes**

Baby bottle brushes are designed to reach inside and get out any residue within the bottle. Look for one that has an ergonomic handle and reaches easily to the bottom of the bottle. It's a good idea to keep two on-hand so one is available, while the other is being cleaned.
- Bottle sterilizer**

Bottle sterilizers are used to clean, dry, and disinfect baby bottles after use. The best sterilizers clean multiple bottles at once quickly and have options to just sterilize or sterilize and dry. Look for ones with accessory holders that will also clean breast pump parts and bottle nipples.
- Burp cloths**

Burp cloths catch spit-up when you hold your baby upright on your shoulder after feeding. Keep plenty on hand in the nursery, kitchen, and diaper bag so one is always nearby.
- Bibs**

Bibs protect your baby's clothes during feeding and from drooling, especially once teething starts. Start with about 8-12 so you are not doing laundry constantly. Look for bibs with snaps or velcro that are durable and washable.
- Nipples and caps**

Nipples and caps are used while your baby nurses (from a bottle) and for storage. Be sure that they fit on your nursing and milk storage bottles. Nipples come in different materials and designs. You might have to experiment with a few before settling on which one your baby prefers.
- Formula**

There are a wide range of baby formulas to choose from. Consult with your doctor about which formula is best for your baby.
- Nipple cream**

Nursing your baby will make your nipples sore and cracked quickly. Invest in nipple cream and keep it in the nursery for after you nurse and in the bathroom to put on post-shower. You'll need to apply it frequently if you're nursing full-time.
- Breast pump**

Breast pumps make it easier to provide breast milk when you are not able to nurse. Look for a pump that is comfortable, quiet, and easy to clean. Many parents prefer a double electric pump for regular use, while a manual pump can be enough for occasional pumping.
- Breast pads**

When you are nursing, leakage can happen unexpectedly. Breast pads help prevent wet spots and keep you comfortable during the day and overnight. Keep a few in your nursery, bag, and bathroom so they are always within reach.
- Milk storage containers**

Milk storage containers are designed to hold breast milk or formula. They come in different sizes and in glass or plastic. If you buy plastic, look for BPA-free containers. Keep extras in your nursery, refrigerator, and diaper bag for easy use.
- Nursing pillow**

Nursing pillows are designed to support your baby comfortably while you nurse, giving your arms a break and making it a more relaxing experience for both of you. Look for ones that are sturdy, washable, and made of soft materials.
- Nursing bra**

Nursing bras make it much easier to nurse in public, providing your baby easy access and privacy for you. Look for bras that are soft and flexible because when your breasts are full of milk they will swell and sometimes become sore. Nursing tops make great accompaniments to a nursing bra.
- Diapering**
 - Diapers**

Whether you choose to go with cloth or disposable diapers, buy in bulk and figure you'll use at least 10 a day. Pay attention to the weight of your baby, as this is how diapers are sold. Too big of a diaper means gaps between the legs leading to leakage, and too small of a diaper means it will pinch your baby's delicate skin.

- Wipes**

You can never have enough baby wipes on-hand! Buy them in bulk to save on cost and keep some in your diaper bag, by the changing table and in the nursery. You'll use them to do everything from wiping your baby's mouth after feeding to cleaning their bottom after a messy diaper.
- Changing pad**

A changing pad gives baby a comfortable, clean surface for diaper changes. Look for one that is wipeable, has raised sides for safety, and fits your changing table (or dresser top) securely.
- Changing pad covers**

Covers keep the changing pad clean and cozy. Since diaper leaks happen often, have multiple covers ready. Look for soft washable fabric, elastic edges, and a fit that doesn't slide around.
- Portable changing mat**

A portable changing mat is essential for diaper changes outside the home. Look for one that folds easily, wipes clean, and fits in your diaper bag. Some include pockets for wipes/diapers.
- Wipe dispenser**

A wipe dispenser keeps wipes moist and makes one-handed pulling easier during diaper changes. Look for a weighted or spring-loaded design and a lid that seals well to prevent drying out.
- Rash cream**

Rash cream is a must-have and should be on hand at all times. When diaper rash does appear, treat it early so it doesn't worsen. Look for a cream that protects the skin well and is designed to last until the next diaper change.
- Baby powder**

Some parents use powder to help with moisture, but it is optional. If you use it, choose a gentle, fragrance-free option and avoid creating airborne dust near your baby's face.
- Diaper bag**

A diaper bag is essential for use when you are out and about. You'll want to look for one with plenty of space for diapers, creams, powders, a bottle and a change of clothes. Durable and light materials are good because you'll usually be toting it and your baby simultaneously.
- Diaper pail**

Diaper pails provide a place to gather messy diapers before disposing of them. Look for a lid that closes securely to prevent odors from escaping. The best have a foot pedal that allows you to raise the lid with your foot while quickly depositing the messy diaper.
- Bath & Health**
 - Bath tub**

Baby bath tubs are designed to support your baby safely. Look for tubs that incline, provide head support and have a lining designed to prevent baby from slipping while bathing.
 - Baby shampoo**

Baby shampoo should be free of perfumes, dyes, or other harsh ingredients that can irritate your baby's scalp and skin. Look for shampoo designed just for baby (some will be marked "no tears").
 - Baby soap**

Baby soap is designed to be gentle on baby's delicate skin and is free of perfumes, dyes, and other irritants. Look for soap designed just for baby.
 - Baby oil**

Baby oil helps to lock in moisture. Look for oil designed just for babies. Apply it right after bath-time to trap moisture on your baby's skin.
 - Baby lotion**

Your baby's skin will be very sensitive and need lots of lotion. Look for lotions designed for babies, which are generally free of perfumes and other irritants that could hurt baby's delicate skin.
 - Bath toys**

Bath time can quickly become one of your baby's favorite times, and adding a few toys helps keep them distracted while bathing. Look for soft toys that are safe to put in your baby's mouth and make noises when squeezed.
 - Hooded towels**

Hooded towels help keep your baby warm after bath time by trapping heat at the head while you dry the rest of the body. They are also handy for keeping your baby warm when moving from the bath to the changing area.
 - Baby washcloths**

Baby washcloths are handy, not just for washing your baby's face and body, but also to put in the bathtub for traction and to clean baby up after spit-up or feedings.

- Receiving blankets**

Receiving blankets are used to cocoon your baby and provide both warmth and security. They are wrapped around your baby "burrito" style in order to stay secure and give comfort. It's a good idea to have plenty of these on-hand as you will go through several a day.
- Nasal aspirator**

When your baby has a cold, a nasal aspirator helps remove mucus so they can breathe more comfortably through their nose. Look for one that is easy to clean and simple to use, especially at night.
- Thermometer**

Baby thermometers come in different styles, including oral, rectal, in-the-ear, and forehead (temporal). Forehead thermometers are usually the easiest to use. Keep extra batteries on hand if your thermometer needs them.
- Baby fever reducer**

Keep an age-appropriate fever reducer on hand so you are not scrambling at night. Ask your pediatrician what to use and keep the dosing tool that comes with it.
- Baby nail clippers**

You cannot use adult size nail clippers on baby's soft delicate nails. They are too small and tear too easily. It's well worth investing in a good pair as you will use these at least once a week to keep your baby's nails trimmed to prevent inadvertent scratches.
- First aid kit**

A well-stocked first aid kit is helpful when your baby has a small accident or gets sick. Make sure everyone who will care for your baby knows where it is and how to use it. Look for a kit designed for infants and restock it as needed.
- Clothing**
 - 3-4 Bodysuits**

Bodysuits keep your baby warm and comfortable because they cover the waist and snap below the diaper. They come in short- and long-sleeve styles and can be worn as an outer or inner layer for play or sleep.
 - 3-4 Booties**

Booties can be used over socks or, in some cases, alone. They will keep your baby's feet warm and protect them from the elements. Choose booties that are easy to put on and washable.
 - 2 Nightgowns**

Nightgowns should be long enough to keep your baby warm and made from soft fabrics with buttons or snaps that make it easy to get over baby's neck.
 - 3-4 Pajamas**

Pajamas should be warm, comfortable and very easy to get on and off. Pay particular attention to this, as diaper accidents will be often and there's nothing worse than trying to get a tired baby out of a messy pajama set!
 - 6-7 Pants / shirts / dresses**

Pants, shirts, and dresses should be made out of comfortable fabric and easy to put-on. Look for pants with snaps down the inseam, and shirts or dresses with snaps or buttons at the neck.
 - 2 Newborn hats**

Hats don't just keep your baby warm by conserving body heat, they can also help protect their delicate skin from harsh sunlight. Choose a warm hat with earflaps for winter and a hat with a wide-brim for summer.
 - 3 Sweaters**

Buy sweaters in different materials to suit the season to ensure your baby is comfortable no matter the conditions. It can be tough to put a sweater on your baby, though, so look for ones with buttons, snaps, or collars wide enough to make getting them on and off easily.
 - 6-8 Baby socks**

Socks help make your baby comfortable by keeping their feet warm and dry. You'll want to buy plenty of pairs as they can disappear easily, due to their small size.
 - 1-2 Mittens**

Baby mittens serve two purposes. They keep your baby's hands warm and protect them from the harsh elements. Choose your fabric and design based on the season and occasion. Always buy at least two pairs as they can be hard to keep track of!
 - Small hangers**

It is impossible to fit baby clothes on adult clothes hangers. Even if you fold them and lay them across the larger hangers, the outfits always end up in a pile on the floor. Investing in some small hangers will make it much easier to keep those adorable baby outfits accessible and organized.
- Safety (Baby proofing)**

2 Baby safety gates

Even before your baby learns to crawl, safety gates can provide protection from the family pet, other small children, stairs, and other hazards. Safety gates can be temporary or permanent, and made out of wood, plastic, or other material. Pick one that is durable and meets your needs.

Baby proofing kit

Baby proofing kits usually include a mix of safety items (locks, covers, guards). It's helpful to buy one starter kit and add specific items later. Look for strong adhesive and easy removal without damaging surfaces.

Cabinet locks

Cabinet locks prevent access to cleaning supplies and other hazards. Look for locks that are strong, easy for adults to open, and compatible with your cabinet type (inside mount vs outside).

Outlet covers

Outlet covers protect curious babies from inserting fingers or objects into sockets. Look for snug-fitting covers or sliding outlet protectors that stay attached and can't easily be removed by a child.

Corner guards

Corner guards reduce injury risk from sharp furniture edges when your baby starts crawling and cruising. Look for thick cushioning and strong adhesive that holds well on wood, glass, or stone.

Furniture anchors (dresser/TV)

Anchors prevent tip-over accidents once your baby starts climbing. Secure dressers, bookshelves, and TVs to the wall. Look for strong straps/brackets and hardware compatible with your wall type.