

NEWBORN BABY ESSENTIALS SHOPPING LIST

CLOTHES

Must-Haves

- ☐ Bodysuits/Onesies/Kimono tops
- ☐ Mittens
- ☐ Sleepsuits/Pyjamas

Optional

- ☐ Hats
- ☐ Socks
- ☐ Sweaters
- ☐ Dress-up outfits
- ☐ Shoes

SLEEPING

Must-Haves

- ☐ Cot/Crib/Co-Sleeper
- ☐ Mattress and sheets
- ☐ Sleepsack
- ☐ Swaddle blankets

Optional

- ☐ Cot mobile
- ☐ Waterproof mattress protector
- ☐ Travel cot

CLEANING & CHANGING

Must-Haves

- ☐ Baby wipes
- ☐ Diapers (cloth or disposable)
- ☐ Changing mat/table/station
- ☐ Baby soap/shampoo
- ☐ Diaper cream
- ☐ Baby lotion
- ☐ Towels

Optional

- ☐ Bath seat/baby tub
- ☐ Diaper pail

HEALTH & SAFETY

Must-Haves

- ☐ Thermometer
- ☐ Baby nail clippers
- ☐ SOS medicines

Optional

- ☐ Snot sucker
- ☐ Soothing balm

FEEDING

Must-Haves

- ☐ Nursing bra
- ☐ Breast pads
- ☐ Breast pump
- ☐ Bottles
- ☐ Milk storage containers
- ☐ Feeding/burp cloth

Optional

- ☐ Nursing pillow
- ☐ Steriliser
- ☐ Formula
- ☐ Bottle cleaning brush
- ☐ Bottle warmer
- ☐ Bottle drying rack

AROUND THE HOUSE

Must-Haves

- ☐ Activity gym/playmat
- ☐ Soft/crinkle books
- ☐ Assorted toys (age-appropriate)

Optional

- ☐ Baby monitor
- ☐ Bouncer/Rocker
- ☐ Pacifier

OUT & ABOUT

Must-Haves

- ☐ Stroller
- ☐ Sling/Wrap carrier
- ☐ Diaper bag/Backpack
- ☐ Changing mat

Optional

- ☐ Car seat\*
- ☐ Stroller caddy

\*Please consider the safety risks of not using a car seat, even if not mandated by the law.

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