

New Baby Home Preparation Checklist

You don't need a finished nursery. Set up a few simple "stations" in the rooms you use most, and plan for your own recovery too.

Safe sleep space

- ☐ Crib, bassinet or play yard in our room, near our bed
- ☐ Firm, flat mattress + fitted sheet only
- ☐ No bumpers, pillows, blankets or toys
- ☐ Second-hand crib checked for recalls and missing parts

Changing station

- ☐ Changing pad on a sturdy surface or the floor
- ☐ Diapers, wipes, barrier cream within reach
- ☐ Spare outfit and lidded trash can

Feeding corner

- ☐ Comfortable chair with back support
- ☐ Burp cloths, water bottle and snacks
- ☐ Soft night light and phone charger

Home safety

- ☐ Smoke and carbon monoxide alarms tested
- ☐ Water heater at 120°F (49°C) or lower
- ☐ Car seat installed and checked
- ☐ Pets introduced to baby items and smells

Bath kit

- ☐ Washcloths and hooded towel
- ☐ Mild, fragrance-free baby wash
- ☐ Infant tub for after the cord falls off

Recovery spot for you

- ☐ Pads and comfortable underwear
- ☐ Medications you've been advised to use
- ☐ Snack basket and refillable water bottle
- ☐ Important numbers written down

Support plan

- ☐ Pediatrician chosen; number saved
- ☐ Who handles nights, meals, older children, pets
- ☐ Meal rota or freezer meals
- ☐ List of jobs visitors can do
- ☐ Maternal Mental Health Hotline saved: 1-833-852-6262

Our to-do notes

Notes
