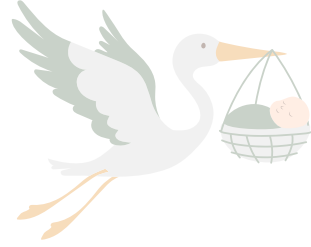


Nursery Setup | Must-Haves Checklist



MY GOAL IS FOCUS ON PROVIDING EXPERT SUPPORT TO FAMILIES DURING THE NEWBORN STAGE—ENSURING THE BABY'S HEALTH, SLEEP, AND FEEDING ROUTINES ARE SAFELY AND EFFECTIVELY ESTABLISHED. CREATING A SAFE AND ORGANIZED NURSERY ENSURES SMOOTH CARE AND SUPPORTS HEALTHY ROUTINES. BELOW IS THE RECOMMENDED SETUP LIST.

1. Nursery Essentials

- ☐ BURP CLOTHS & BIBS
- ☐ DIAPERS (VARIOUS SIZES)
- ☐ DIAPER PAIL
- ☐ CHANGING TABLE & PADS
- ☐ CRIB MEETING SAFETY STANDARDS
- ☐ CRIB SHEETS (X2-3)
- ☐ CRIB SHEET SAVERS / WATERPROOF LINERS
- ☐ SLEEPSACKS & SWADDLES
- ☐ RECEIVING BLANKETS

3. Feeding Essentials

- ☐ FORMULA (IF APPLICABLE)
- ☐ BOTTLES (DR. BROWN'S, MEDELA, OR FAMILY PREFERENCE)
- ☐ BOTTLE WARMER
- ☐ BOTTLE/NIPPLE BRUSH
- ☐ STERILIZER
- ☐ DRYING RACK
- ☐ FEEDING PILLOW (BOPPY OR MY BREST FRIEND) — NECESSITY

5. On-the-Go Essentials

- ☐ CARRYING PACK / DIAPER BAG
- ☐ CAR SEAT (REAR-FACING, PROPERLY INSTALLED)
- ☐ PORTABLE WHITE NOISE MACHINE
- ☐ PORTABLE CHANGING PAD
- ☐ DISPOSAL BAGS & WET/DRY BAG
- ☐ BABY CARRIER

2. Health & Hygiene Supplies

- ☐ BABY-SAFE DETERGENT
- ☐ NAIL CLIPPERS / BABY FILE
- ☐ NASAL ASPIRATOR
- ☐ SALINE DROPS
- ☐ DIGITAL THERMOMETER
- ☐ BABY BATHTUB
- ☐ INFANT WASHCLOTHS
- ☐ GENTLE BABY SOAP AND LOTION
- ☐ DIAPER CREAM

4. Comfort & Sleep Tools

- ☐ WHITE NOISE MACHINE — NECESSITY
- ☐ BASSINET OR BEDSIDE SLEEPER
- ☐ NIGHTLIGHT — NECESSITY
- ☐ CHAIR OR GLIDER — NECESSITY
- ☐ SMALL SIDE TABLE WITH CLOCK
- ☐ PACIFIERS (VARIETY)
- ☐ BOUNCY SEAT OR SWING
- ☐ BABY MONITOR

6. Essential Clothing Items

- ☐ SCRATCH MITTENS (2 TO 4 PAIRS): PREVENT BABY FROM ACCIDENTALLY SCRATCHING THEIR FACE.
- ☐ SOFT HATS (2 TO 3): LIGHT CAPS FOR WARMTH OUTDOORS OR RIGHT AFTER BIRTH (REMOVE FOR SLEEP).
- ☐ PANTS OR LEGGINGS (3 TO 5): OPTIONAL BOTTOMS TO PULL OVER BASIC BODYSUITS IF THE ROOM IS COOL.
- ☐ SLEEPERS / FOOTED PAJAMAS (5 TO 7) ALL-IN-ONE OUTFITS THAT KEEP BABIES WARM DAY AND NIGHT WITHOUT LOSING SOCKS.
- ☐ BODYSUITS (6 TO 10) SHORT- OR LONG-SLEEVE

DEAR MAMA
& Little Dreamers