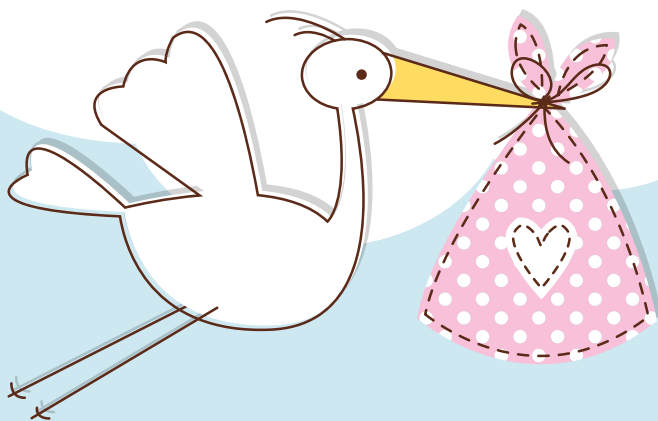
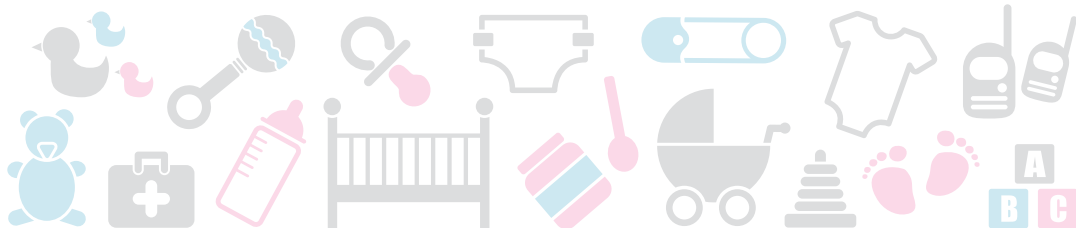


# Baby Checklist Booklet



An essential checklist to help you  
prepare for your baby's arrival.



# Mum-to-Be Checklist



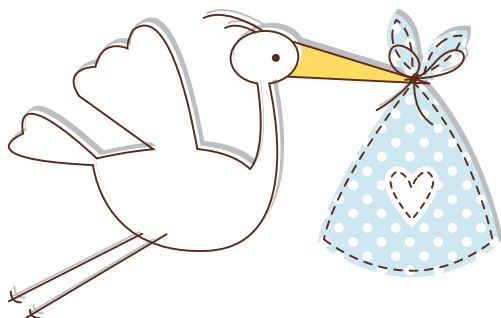
## For Pregnancy

- ☐ maternity clothes (casual & evening)
- ☐ maternity bras
- ☐ sleeping bras
- ☐ nightwear
- ☐ maternity swimwear
- ☐ maternity underwear
- ☐ pregnancy support belt
- ☐ pants expander
- ☐ sleep support pillow
- ☐ stretch mark cream
- ☐ pregnancy journal
- ☐ pregnancy book
- ☐ baby names book



## To Do

- ☐ have a baby shower
- ☐ arrange a baby gift registry
- ☐ prepare for baby's arrival  
(see our Prepare for Baby Checklist)
- ☐ pack for hospital (see our Hospital Checklist)



My Notes

Baby shower ideas

# Hospital Checklist



## For Mum



- ☐ hospital bag
- ☐ nightwear
- ☐ dressing gown
- ☐ slippers / thongs
- ☐ maternity pads
- ☐ maternity bras
- ☐ breast pads
- ☐ underwear
- ☐ toiletries
- ☐ tissues
- ☐ hairbrush & hairdryer
- ☐ toothbrush & toothpaste
- ☐ towel & face cloth
- ☐ massage oil / relaxation products
- ☐ support pillow
- ☐ heat pack / water bottle
- ☐ birth plan
- ☐ ipod / music & charger
- ☐ books / magazines
- ☐ comfortable clothes for going home
- ☐ shoes
- ☐ blood group card
- ☐ Medicare or health insurance card

## For Support Person

- ☐ phone & charger
- ☐ list of people to SMS / email
- ☐ camera and battery charger
- ☐ video camera
- ☐ swimwear and towel for bath and shower



## For Baby

- ☐ nappy bag
- ☐ nappies
- ☐ gentle wipes
- ☐ baby wash
- ☐ cotton wool balls
- ☐ baby blanket
- ☐ bunny rugs / wraps
- ☐ singlets
- ☐ bodysuits
- ☐ grosuits / nighties
- ☐ hat / beanie
- ☐ socks / booties
- ☐ mittens
- ☐ capsule (0-6 months)
- ☐ convertible car seat (approx 0-4 years)



## Phone Numbers

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# Prepare for Baby Checklist



## Nursery



- ☐ cot / bassinet
- ☐ mattress
- ☐ mattress protector
- ☐ sheets
- ☐ baby sleeping bags / swaddles
- ☐ quilt / blankets
- ☐ change table & mat
- ☐ dresser / drawers
- ☐ wardrobe & hangers
- ☐ nappy stacker
- ☐ room thermometer
- ☐ baby monitor
- ☐ musical mobile
- ☐ nightlight
- ☐ nursing chair
- ☐ toy box
- ☐ baby sleep book



## Travel



- ☐ pram / stroller
- ☐ pram blanket
- ☐ pram rain cover / UV cover
- ☐ pram liner
- ☐ cocoon
- ☐ stroller toys
- ☐ capsule (0-6 months)
- ☐ convertible car seat (approx 0-4 years)
- ☐ extension straps
- ☐ car seat toys
- ☐ head support
- ☐ car window shade
- ☐ rearward facing mirror
- ☐ portacot
- ☐ nappy bag (with all the essentials)

## Things to do

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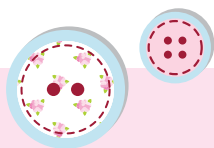
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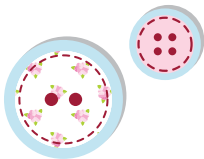
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## Bath



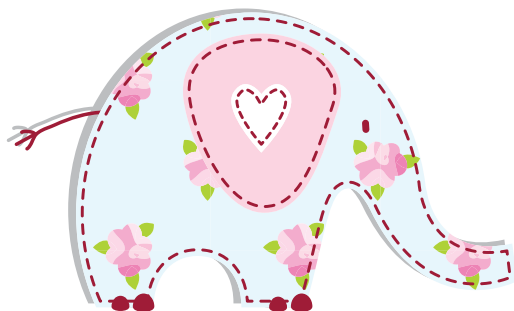
- ☐ baby bath
- ☐ bath stand
- ☐ baby nail scissors
- ☐ baby brush & comb
- ☐ non-slip bath mat
- ☐ bath thermometer
- ☐ bath toys
- ☐ bath support
- ☐ baby towels
- ☐ sponge & face cloth
- ☐ baby toiletries  
(shampoo / lotion / talc-free powder)



## Changing



- ☐ changing mat
- ☐ nappy disposal system & refills
- ☐ nappies
- ☐ nappy pins
- ☐ nappy sacks & wipes
- ☐ nappy liners
- ☐ nappy pail
- ☐ nappy cream
- ☐ cotton balls
- ☐ talc-free powder



## Nursing & Feeding

### Breastfeeding



- ☐ nursing bras
- ☐ nursing top
- ☐ breast feeding cloak
- ☐ breast pads
- ☐ breastfeeding support pillow
- ☐ muslin squares
- ☐ breast pump
- ☐ breast milk storage bags
- ☐ bottles
- ☐ steriliser
- ☐ soothers / dummies
- ☐ nipple cream
- ☐ nipple shields

### Bottle Feeding



- ☐ bottles
- ☐ formula
- ☐ teats
- ☐ steriliser
- ☐ bottle brush
- ☐ bottle warmer
- ☐ bottle carrier
- ☐ bibs
- ☐ muslin squares
- ☐ soothers / dummies

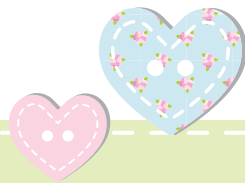


### Weaning (6 months+)

- ☐ high chair
- ☐ high chair toys
- ☐ messy mat
- ☐ bumbo baby seat
- ☐ bowls
- ☐ cutlery set
- ☐ training cups
- ☐ portable feeding set / utensils
- ☐ soothing teethingers
- ☐ tooth brush & gum massages



# Baby Clothes



## Newborn to 3 months

- ☐ newborn clothing starter set
- ☐ bodysuit
- ☐ sleep suits
- ☐ daywear outfits
- ☐ cardigans
- ☐ jacket
- ☐ booties
- ☐ singlets
- ☐ sun hat
- ☐ cotton hat / beanie
- ☐ socks
- ☐ mittens



# Playtime

## Newborn to 6 months

- ☐ pram toys
- ☐ bath toys
- ☐ cot toys
- ☐ baby gym
- ☐ play mat
- ☐ activity toys
- ☐ cuddly toys
- ☐ rattles
- ☐ baby books
- ☐ bouncer / rocker
- ☐ baby swing



## 6 – 9 months

- ☐ walker
- ☐ playpen
- ☐ infant jumper
- ☐ infant support seat



# Baby Names

Girls:

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Boys:

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