



POSTNATAL CHECKLIST

The essentials

FOR BABY SLEEP

Crib/Moses basket – May wish to have an additional moses basket in downstairs of house to avoid lifting around the house	
Bed sheets – up to 6 depending how often planning on doing washing	
Sleeping bags x 3 – check appropriate for newborn and correct tog for time of year	
Cellular blanket	
Baby monitor – not essential for the first few months as guidelines suggest the baby is in the same room or the first 6 months	
Optional: thermometer to gauge temperature of room for appropriate sleeping bag tog	

FOR BABY CHANGING

Changing mat and table – May wish to have an additional changing mat downstairs of house to avoid going up and down the stairs	
Covers/towels for changing mat x 6	
Cotton wool balls or pads	
Pot for water for cleaning baby	

Wipes for when out and about – ensure fragrance and alcohol free for delicate newborn skin	
Nappy rash cream	
Nappy sacks for when not near a bin	
Nappy bin – any lidded bin will suit, or can put in regular bin if happy too	
Nappies – newborn size	
Caddy to keep all the essential changing accessories in, including extra baby outfits, so can easily grab when changing a baby elsewhere in the house	

FOR BABY FEEDING

For Breastfeeding:

Muslins x 10	
Vitamin D drops for the baby	
Breast pads – washable or disposable	
Silver cups – not essential as not cheap, but great for the early days if nipples are feeling tender (please seek support for sore, cracked or bleeding nipples)	
Cushions for support during feeding – does not need to be a specific feeding pillow, regular cushions/pillows do the same job!	

For expressing:

Pump – not necessary to buy before baby arrives but research the one you may like.	
Storage bags	
Pen/labels for marking stored milk	
Steriliser	

For bottle feeding:

Bottles – if exclusively bottle feeding at least 8 (min of 8-12 feeds in 24 hours). Newborn teats	
Steriliser – steam, electric or cold water with sterilising tablets	
Separate bottle brushes for cleaning	
Kettle	
Formula – powdered or ready made bottles	
Jug for cooling down bottles	
Thermos for boiling water when out and about	
Storage for transporting formula powder when out and about	
Soft bibs for feeding x 10	
Muslins x 10	

FOR BATHING

Bath seat or tub for baby	
Towel – does not need to be specific for a baby!	
Flannel or mitt for washing	
Soaps are not recommended on newborn skin	X

FOR OUT AND ABOUT

Pram	
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Rain cover	
Parasol	
Car seat	
Mirror for the car – to view the baby while driving	
Blanket for pram or car seat – some prams come with an attached blanket/foot muff	
Sling	
Changing bag and mat – a regular backpack can serve the same purpose Pack in the bag – Muslins, baby spare clothes, wipes, nappies, nappy sacks, hand sanitiser, water for mum, snacks for mum, spare top for mum, breast pads	

CLOTHING

For the baby:

Vests x 10	
Baby grow x 10	
Cardigan/jumper x 3	
Pram suit (all in one thicker suit) – 1 x thinner one for car seat/slings, 1 x thicker one for pram if winter	

For Mum:

Nursing bras – soft non wired bras	
Loose fitting clothes for post caesarean	
Large pants that will not sit on a caesarean incision	
Nursing tops – do not need to be specific nursing tops, can be a t-shirt can lift up or button down shirts to access breasts easily	

Button down pyjamas for feeding at night	

ADDITIONAL ITEMS

For the baby:

Bouncer/chair – check what age suitable from. More upright ones are usually more suited to young babies	
Non – bio laundry powder for babies clothes	

For Mum:

Water bottle – ideally one that can be open one handed!	
Maternity pads	
Padsicles – frozen maternity pads for soothing postnatal stitches	
Jug for pouring water on stitches while urinating (dilates the urine making it sting less)	
Pain killers	
A notepad/black board to keep track of times of painkillers, medications, feeds, number of wet/dirty nappies, questions for Midwife or Health Visitor	
Snacks	
Peppermint tea or chewing gum – helps relieve excess gas from caesareans	
A caddy to keep all items needed during a feed (muslins, snacks, water, phone charger, book, remote control etc)	
Hand cream – hands can get dry with all the hand washing after nappy changes!	

For a postnatal recovery nest – either a bed or sofa:

A soft light for feeding at night time	
Oxytocin filling items of choice – greenery, pictures, candles etc	
Entertainment of choice – speaker/headphones, TV, tablet, Kindle etc	
A good table near by so everything can be kept within reaching distance when feeding the baby	

TO DO LIST

Pre-book food delivery slots with all the essentials on each order and some easy meals	
Batch cook and fill freezer	
Create a list of all the support contacts you may need postnatally – lactation consultants, support groups, help lines, tongue tie specialists, cranial osteopaths, mummy MOT provider, postnatal massage, postnatal doula etc	

Add any additional 'to do' tasks as a result of your postnatal planning session:
