

# Ema / Francisco

A free checklist for new mommies and daddies.

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## Baby clothes

- 4-8 onesies (wide head openings and loose legs)
- 4-8 undershirts (snaps at neck or wide head openings, snaps under crotch)
- 4-8 one-piece pajamas
- 2 blanket sleepers for winter baby
- 1-3 sweaters or jackets (front buttoned)
- 1-3 rompers or other dress-up outfits
- 4-7 socks or booties (shoes are unnecessary until baby walks)
- 1-3 hats (broad-brimmed for a summer baby, soft cap that covers ears for a winter baby)
- No-scratch mittens
- Bunting bag or fleece suit for a winter baby

## Nursery

- Crib, cradle or bassinet
- Firm, flat mattress that fit snugly in crib (less than two fingers should fit between mattress and crib)
- Rocking or arm chair
- Baby monitor
- Nightlight
- Dresser
- Toy basket

## Baby bedding

- 1-3 washable crib mattress pads
- 2-4 fitted crib sheets
- 4-6 soft, light receiving blankets
- 1-2 heavier blankets (for colder climates)

## Diapers

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- Changing table or cushioned changing pad for low dresser or bureau, with safety strap or railing
- Diaper pail and liners
- Diaper bag
- Diaper cream
- Unscented baby wipes (causes less irritation)
- Soft washcloths
- 6-10 dozen cloth diapers and 6-8 diaper covers, or 2-3 large boxes of disposable newborn-size diapers

## **Bath**

- Baby bathtub
- Baby soap
- Baby shampoo
- 2-4 soft towels or hooded baby towels
- Baby hairbrush
- Soft washcloths (use a different color or pattern than your diaper washcloths!)
- Gentle laundry detergent

## **Feeding**

- 10-16 bottles and nipples, both 4- and 8- ounce (if fed strictly by bottle, baby will go through about 10 in the 4-ounce size per day)
- Pump (if you plan to breastfeed)
- Milk storage bags (if you plan to breastfeed)
- Nursing pads (if you plan to breastfeed)
- Nipple cream (if you plan to breastfeed)
- Nursing pillow (if you plan to breastfeed)
- Bottle brush
- Dishwasher basket for small items
- 4-8 bibs
- Burp cloths
- 2-4 pacifiers
- Formula (if not nursing)
- Health

- Baby nail clippers or blunt scissors
- Baby thermometer
- Petroleum jelly and sterile gauze (for circumcision care)
- First aid kit

### **Baby gear**

- Infant or convertible car seat
- Stroller or infant carrier
- Baby swing or bouncer
- High chair

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