

*The
New Baby
Check List*



By: All Natural Mommies

New Baby Check List – What do you need for your newborn?

New Babies 0-3 months;

Clothing:

- 6 to 10 onsies or t-shirts (long or short sleeve depending on the season)
- 3 to 5 pairs of pants or shorts (depending on the season)
- 10+ footed sleepers/rompers (This is all several of our mom's kids wore for the first couple of months!)
- 8 to 10 pair of newborn socks or booties (they tend to kick them off a lot, and they get lost in the wash!)
- 1 to 2 pair of mittens (if your baby tends to scratch at their face, many of our moms never used them)
- 3 to 4 cute outfits for going out on the town (we want to show off a little as a new mom)
- 1 jacket or bunting (depending on the temperature, light or heavy)

Special Note: Please do some research on baby products before deciding which to use; [hidden carcinogens](#) (is just one resource). There have been several baby products proven to have dangerous ingredients, "Most disturbing are three groups of widely used ingredients known as "hidden carcinogens" – ingredients which are contaminated by carcinogens, or which break down to release carcinogens, or which are precursors of carcinogens to which infants are about 100 times more sensitive than adults." It is worth looking into!

Bath Time Items:

- 3 to 4 hooded baby towels* (Peaches said that her daughter, Pat loved baby towels to keep warm with after baths.)
- 6 to 8 baby [washcloths](#) (Soft washcloths were a hit with all our babies.)
- baby [wash](#) (please see the above special note)
- baby lotion (Babies skin CAN dry out quickly, it is recommended that you don't give daily baths at this young age, but all natural lotions can help prevent or help ease dry skin. Tammy used lotion all the time at this age with her daughter Kami.)
- baby bathtub (Some of our moms just loved having a tub to bath baby in. Though I have to admit most of our mom's did not actually *do* the bathing, this was mostly daddies job they reported. Doug said that he enjoyed having the bathtub as apposed to giving baths in the sink, he felt it gave him a sense of safety.)

Other Useful Items:

For Feeding:

- burp cloths (Our moms say "protect yourself" burp cloths are great for so many different things!)
- bibs (Some of our moms also used bib's from the beginning, while other moms like Jenn, preferred not to use them.)

Nursing...

- 3 to 4 good nursing bra's (They are necessary for all nursing moms said our panel of mom's.)
- 2+ boxes of disposable nursing pads or 4 to 6 sets of [washable nursing pads](#) (Our panel preferred washable, they seemed to hold up better and hold more, they said.)
- boppy and/or pillows (Janice tried both pillows and a

boppy; she reported that they both worked well.)

pump (Our mommy's especially those planning on returning to work, said this was a MUST, also several of our nursing mom's said a pump is great for making "date nights" with hubby work.)

~ **Product Note:** My sister pointed out this product:

<http://www.utterlyyours.com/index.html> it looks awesome - though I have never tried one - for helping "hold up" the breast while breastfeeding. (Saundra has always had to "hold" up her breast while feeding her son Ben. This pillow allowed her to have her hand free, while still having herself and the baby very comfortable while nursing.)

Bottle Feeding...

8 to 10 bottles (Our bottle feeding mom's said 8 to 10 was a good number, but most said to try 3 -4 different brands before choosing which your baby likes best.)

bottle brush (to get inside the bottles to get them clean)

an assortment of nipples (Again, our mom's said, to see which your baby likes best as well as which you prefer using and working with. Fancy said that some of the nipples were easier to wash than other brands.)

formula (The moms from our panel suggested that you pick one kind and stick with it, rather than mixing. That can be confusing to the baby and hard on their tummy's.)

To Sleep:

co-sleeper or bassinet (Though most of our moms, through the first 3 months co-slept, without a co-sleeper, they reported that they are nice for nap times. To be sure, that baby does not fall onto the floor.)

crib (If you choose to use one - Jennifer had one, which she sidecar'd with the bed, because she co-slept. She said this arrangement worked very well for her family giving everyone room to move.)

crib sheets (If your going to be using a crib, these are necessary.)

[waterproof crib pad](#) (for leak prevention)

"Play" Items or Items to Help Mom:

[diaper bag](#) (All of our moms got the "big" kind of diaper bag.)

[baby carrier](#) – (Most of our mom's at this time liked a Pouch, Wrap, or Mei Tai; however it's a very personal choice.)

[changing pad](#) – (Amber said that a changing pad is a must have for all diaper bags for while your out of the house.)

6+ [flannel blankets](#) for swaddling (All babies love to feel tight and snug, it makes them feel like when they were in the womb, it's very calming.)

white noise machine (Dede got hers at target, it makes 10 different sounds and Zachary can't, even now, sleep without it. Babies love noise, especially those that sound like the womb.)

lap pads (again to help prevent leaks)

[quilt or blanket/play mat](#) (Some babies love to be on the floor playing)

swing (When considering buying a swing and bouncy seat, our mom's suggested you try to borrow one, some babies LOVE them others like several of our babies hated them – for our mom's it was about 50/50.)

bouncy seat (See above)

Required:

car seat (You will be unable to leave the hospital or birth center with out one.)

[diapers](#) (Our moms suggested you do some research and make the choice for yourself and your family as to which type of diaper/wipe combination is for your family.)

[wipes](#) (See above)

- thermometer (After 3 months old, our moms preferred an ear thermometer, however before that age; a rectal thermometer seemed to work best for everyone.)

New Babies 3-6 Months old;

Clothing:

- 6 to 10 onsies or T-shirts (long or short sleeve depending on the season)
- 3 to 5 pairs of pants or shorts (depending on the season)
- 6+ footed sleepers (our mom's still could not live with out these)
- 8 to 10 pair of socks (they can still be kicked off, and/or lost in the wash)
- 6 to 8 cute outfits for going out (our mom's felt a lot more confident with going out of the house, so cute outfits were a must)
- hat (even for summer months you will want a hat with a brim to keep off the sun)
- 1 jacket or bunting (for fall/winter months)
- bathing suit (for summer months, Robin's daughter LOVED the water at this age, and is now a fish)
- 1 sweater (if its cool)

Bath Time Stuff:

- 3 to 4 hooded towels* (Janice said that her daughter seemed to like a hooded towel even more now than when she was smaller.)
- 6 to 8 [wash cloths](#)

- Baby [shampoo](#) (please see the above special note)
- baby [wash](#) (please see the above special note)
- baby lotion (Alex found that her son loved to be massaged and baby lotion was a great accessory for that as well as kept his soft baby skin even softer, not to mention smelling great.)
- 1 to 2 bath toys (At this age the babies in our panel liked to look at things floating in the water, with most trying to "catch or bat at them.")
- bath tub (If your using one, most of our mom's (or should I say dad's) at this point did prefer to use one.)

Toys:

- 2 to 3 teething rings (The kind that go in the fridge are all our babies enjoyed.)
- 2 to 3 small toys or rattles (Danielle reported that her daughter June was starting to enjoy small rattles and especially liked the kind that she could attach to her wrists and/or ankles.)
- [play gym or mat](#) (April was afraid of some of the germs/dirt on her floor so used a play mat so her daughter could play, it made her feel a lot better.)

*~ **Note:** You are still going to need many of the items listed above, such as a car seat, thermometer and diapers! ~*

Other Useful Items for Baby:

For Feeding:

- burp cloths (at this stage, most of our moms REALLY needed and used these, a lot!)
- Hylands Teething Tablets (Jenn's kids had reflux and she was told not to use things that could numb, however she used Hylands with both her kids with great results.)

Nursing...

- [nursing Necklace](#) (Our babies at this age tend to start grabbing and being more interested in the world around them, nursing necklaces helped make them less distracted and more interested in eating.)

Bottle Feeding...

- nothing additional needed (see above) For Starting Solids... (While we, don't recommend {and neither do the experts} starting solids until at least 6 months, and its usually better to wait even longer somewhere between 6 and 12 months!)
- bibs (Our panel also found that bibs could help with drooling when teething.)
- high chair (Georgia reported that she found it was best to have a place for Ethan to eat rather than feeding him just anywhere.)
- high chair mat (To prevent spills reaching the floor, our mom's found that high chair mats are easy to clean, and great to have on their floors.)
- 2 to 3 sippy cups (Jessica liked and used the advent ones, with the soft spout, for this age, though she tried 4 other different types before her and Alex decided they liked this brand best.)
- soft spoons (Angel tried both metal spoons and plastic coated; Andrew preferred the coated, as it was easier on his little mouth.)

"Play" Items or Stuff to Help Mom:

- [baby carrier](#) (at this point, most all our moms enjoyed a Mei Tai, Podeagi, or Wrap for carrying their bigger baby.)
- [shopping cart cover](#) (Once babies could control their trunk a shopping cart cover is great to keep germs away from baby, while out of the house. Jan swore by hers with her daughter Naomi.)

- [diaper bag](#) (Ginny told us that by this time the "big" diaper bag was a thing of the past. She had learned what she needed and was able to pair down to a smaller bag.)
- swing (Again our mom's recommended asking a friend to try one before buying one of your own, but if your baby likes to swing, they are wonderful to have.)
- Bumbo Seat (Katie loved her Bumbo seats with her twins, she reported they were easy to use and kept the babies happy for quite a while, when she was doing dishes or playing with her older daughter.)
- [quilt or soft blanket](#) for floor play (Angie reported that her son Xander loved to play on the floor at this age, already trying crawl.)
- Portable [changing pad](#) (With getting out more, a changing pad is a must said all of our mom's.)
- Excersaucer (Our panel of moms found it was about 50/50 on those babies who were ready for the excersaucer. Jenna reported that her daughter J.C. loved hers. We do not recommend a walker, as they can be quite dangerous.)
- Signing Times DVD's and/or Baby Einstein DVD's (Sam's son Matt really enjoyed watching the Signing Times DVD's, and he even started picking up signs from them, he is able to say, "Hi" "Bye" "No" "Eat" "More" "Milk" and "Juice" all by 6 months!)

- * = **All Natural Mommies coming soon!**

