



New Baby Checklist

Baby Information

- **Baby's Full Name:** _____
- **Date of Birth:** _____
- **Birth Weight / Length (optional):** _____
- **Hospital / Birth Center:** _____
- **Pediatrician / Clinic:** _____
- **Next Appointment Date:** _____

Immediate Health & Medical Tasks (First 1–2 Weeks)

- Schedule first pediatrician visit
- Review newborn screening results
- Track feeding, wet diapers, and bowel movements
- Monitor jaundice, temperature, and breathing
- Understand when to call the pediatrician
- Add baby to health insurance
- Obtain birth certificate and social security card

Feeding Checklist

Breastfeeding

- Establish feeding schedule or on-demand cues
- Confirm proper latch and positioning
- Monitor milk supply and baby weight gain
- Pump setup and storage plan (if applicable)
- Lactation consultant contact info available

Formula Feeding

- Choose pediatrician-approved formula
- Bottles and nipples cleaned and sterilized
- Understand safe formula preparation and storage
- Track intake amounts and tolerance

General Feeding Notes

- Burping techniques understood
- Feeding logs started
- Vitamin D supplementation (if recommended)

Sleep & Safe Environment

- Baby sleeps on back
- Firm mattress with fitted sheet only
- No loose blankets, pillows, or toys in crib
- Room-sharing plan established (if applicable)
- White noise / soothing routine established

Diapering & Hygiene

- Diapers (newborn and size 1) stocked
- Wipes and diaper cream available
- Umbilical cord care understood
- Bathing routine planned (sponge baths initially)
- Nail care tools ready

Clothing & Essentials

- Weather-appropriate clothing
- Swaddles or sleep sacks
- Hats and socks
- Laundry detergent suitable for baby skin

Safety Checklist

- Rear-facing car seat installed and inspected
- Smoke and carbon monoxide detectors working
- Emergency numbers accessible
- Baby-proofing basics started
- Safe storage for medications and cleaning products

Development & Bonding

- Skin-to-skin contact
- Talk, sing, and read to baby
- Tummy time introduced gradually

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- Observe developmental milestones

Parent / Caregiver Recovery & Support

- Postpartum follow-up scheduled
- Pain management and recovery supplies ready
- Emotional health check (baby blues vs. postpartum depression)
- Support system identified (family, friends, professionals)
- Rest and nutrition prioritized

Visitors & Care Coordination

- Visitor boundaries discussed
- Hygiene rules communicated (hand washing, illness)
- Care instructions documented for helpers
- Nighttime or backup support arranged

Documentation & Organization

- Baby medical records organized
- Immunization record started
- Feeding/sleep logs maintained
- Important documents stored securely

Emergency Preparedness

- Infant CPR knowledge or class scheduled
- Emergency plan discussed
- After-hours pediatrician contact saved
- Go-bag prepared (optional)

Notes & Observations

Acknowledgment

This checklist is a living document. Needs and routines will change, and that is normal.

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- **Parent / Caregiver Name:** _____
- **Date:** _____

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