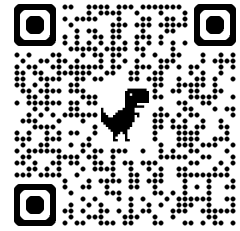




Family Vitals™



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

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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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