



NEWBORN

Essential items for your newborn's first month: A practical checklist

A no-fuss list of newborn essentials to have on hand for the first month. Just the practical items you'll actually use, without the extras.

A free guide from maternity.app

The first month with your newborn is all about the basics. This checklist helps you cover what you'll actually need, without the overwhelm.

Stock up before the baby arrives

- **Diapers.** Newborns go through 8-12 diapers a day. Stock up in both newborn and size 1 (most babies outgrow newborn within weeks).
- **Wipes.** Opt for fragrance-free to minimize irritation.
- **Onesies.** 7-10 zip-front or snap-up styles make changes easier.
- **Swaddles.** 2-3 lightweight blankets or Velcro swaddles help with sleep.

Set up a few key stations around your home

- ☐ Bassinet or crib with fitted sheets (2-3)
- ☐ Diaper caddy stocked with essentials (wipes, diapers, cream)
- ☐ Nursing or feeding station (pads, burp cloths, water bottle)
- ☐ Pacifiers (if using)
- ☐ Baby thermometer + nasal aspirator
- ☐ Nightlight for those 2 AM changes
- ☐ Laundry hamper just for baby clothes

Don't forget about you

- **Postpartum care.** Pads, peri bottle, comfortable underwear, and soothing sprays or creams if needed.
- **Snacks.** One-handed, non-perishable options (granola bars, nuts, dried fruit).
- **Water bottle.** Stay hydrated, especially if breastfeeding.

SKIP THE FANCY OUTFITS

Stick to simple, comfortable clothes for the first few weeks. Save the cute outfits for later when you're up for frequent changes.

You've got this. The first month is about finding your rhythm, not checking off every item perfectly.