



Mummy NUTRITION
Registered Dietitian

YOUR NO-NONSENSE GUIDE TO PREGNANCY & BEYOND

YOUR NEWBORN BABY ESSENTIALS CHECKLIST

Visit mumminutrition.com/newborn-baby-essentials/ for links & more information!

SLEEPING ESSENTIALS & CLOTHING

Moses Basket & Fitted Sheets
Swaddle Blankets
Flat Sheet & Cellular Blanket
Sleeping Bag (aka bundlers)
Long & Short Sleeved Vests (aka Body Suits)
Sleep Suits (aka Baby Grows)
White Noise Maker
Room Thermometer

NAPPY CHANGES & BATH TIME

Size 1 Nappies
Changing Mat
Cotton Wool & Top and Tail Bowl
Baby Wipes
Baby Bath & Sponges
Hooded Towel
Nappy Cream
Nappy Sacks and/or a Nappy Bin

PLAY TIME & GOING OUT

Baby Bouncer
Fleece Blanket/Play Gym
Baby Carrier
Pramsuit, Hats & Baby Cardigans
Pram Blanket
Changing Bag
Car Seat

FEEDING YOUR BABY

Nursing Pillow
Mother's Cocoon
Muslins
Breast Pads
Baby Bottle
Nipple Balm

OTHER ITEMS YOU MAY NEED

Pacifiers/Dummies
Baby Scissors & a Baby Hair Brush
Your Baby Week by Week
Brain Rules for Baby
Black & White Book
The Womanly Art of Breastfeeding