



Essential items for a newborn

Household items

- ✓ Crib: with a safe coating, preferably with an adjustable base and sides.
- ✓ Mattress: firm, appropriately sized, with hypoallergenic fillers.
- ✓ Mattress protector: waterproof.
- ✓ Bedding: several sheets (3–4 pcs), a duvet cover, and a pillowcase.
- ✓ Stroller: depending on the season and needs (bassinet, stroller, or transformer model).
- ✓ Car seat: with safety certificates.
- ✓ Changing table: or a changing board for convenient dressing and care.
- ✓ Baby bathtub: with a non-slip surface.
- ✓ Mobile: a musical hanging toy above the crib for development and soothing.
- ✓ Humidifier.

Clothing

- ✓ Bodysuits: 4–5 pcs with short and long sleeves, convenient for diaper changes.
- ✓ Pants with feet (footed pants): 3–4 pcs with a high waistband or shoulder snaps.
- ✓ Sleepers (rompers): 2–3 pcs for sleeping and walks.
- ✓ Hats: 2–3 pcs, depending on the season.
- ✓ Socks: 4–5 pairs.
- ✓ Jumpsuit or bunting bag: for walks, depending on the weather.
- ✓ Scratch mittens: 1–2 pairs to protect the face.
- ✓ Bibs: 2–3 pcs to protect clothing during feeding.

Hygiene and Care

- ✓ Diapers: size 1 or universal for newborns.
- ✓ Wet and dry wipes: hypoallergenic.
- ✓ Baby soap or bath gel: fragrance-free.
- ✓ Diaper cream: to prevent irritation.
- ✓ Baby oil or lotion: for moisturizing the skin.
- ✓ Nail scissors: with rounded tips.
- ✓ Laundry detergent: hypoallergenic and phosphate-free.
- ✓ Water thermometer: to check bath temperature.
- ✓ Body thermometer: fast-acting, electronic.

First Aid Kit

- ✓ Fever-reducing suppositories.
- ✓ Glycerin suppositories.
- ✓ Antiseptic for treating scratches.

Feeding (if needed)

- ✓ Bottles: 2–3 pcs for water or expressed breast milk.
- ✓ Sterilizer: for cleaning bottles and pacifiers.
- ✓ Bottle warmer: to heat milk or water to the right temperature.
- ✓ Breast pump: if you plan to express milk.
- ✓ Pacifiers: 1–2 pcs, if you plan to use them.

Walks and Travel

- ✓ Sling or ergonomic baby carrier.
- ✓ Rain cover and mosquito net for the stroller: for protection from weather and insects.
- ✓ Mom's bag: with compartments for diapers, wipes, and other essentials.

Other

- ✓ Swaddles: thin and flannel (5–6 pcs each).
- ✓ Soft hooded towels: 2 pcs for after bathing.
- ✓ Toys: rattles and developmental toys.
- ✓ Night light: with soft lighting for nighttime feedings and changing.