



Nightingale

NEWBORN CHECKLIST

A handy, simplified version of our checklist which you can keep on your phone or print it out.

Note: Items in brackets, e.g. Washcloths in "BATH" section or Diaper bag in "TRAVEL" section are repeats from "CLEAN" section.

CLOTHING

- BODYSUIT (6+)
- ONE-PIECE (4+)
- PANTS (4+)
- ONE-PIECE PYJAMA (4-6)
- JAT (1-3)

FEEDING

- BOTTLE (4+)
- BOTTLE BRUSH
- BREAST PUMP
- BREAST PADS/WASHCLOTHS
- MILK STORAGE BAG
- NIPPLE CREAM

BEDTIME

- CRIB
- MATTRESS
- FITTED CRIB SHEET (3+)
- WATERPROOF MATTRESS PROTECTOR (2+)
- SWADDLING BLANKET (2+)

CLEANING

- DIAPER BAG
- CHANGING MAT/PAD
- WASHCLOTHS (10+)
- NAPPIES/DIAPERS
- WIPES
- NAPPY CREAM

BATH

- BABY BATH TUB
- (WASHCLOTHS-CLEAN)

TRAVEL

- CAR SEAT
- STROLLER
- (DIAPER BAG-CLEAN)

HEALTH

- FIRST AID KIT
- NAIL CLIPPER
- THERMOMETER

We love to hear from you! Please send us any questions or suggestions via Facebook Messenger at m.me/9tingalebaby or email us at contact@9tingale.com