WELLNESS MOM HUB PRINTABLE

Newborn Checklist

Check one for each item: Have it, Need it, or Skip it. Write your real quantity in the last box.

FAMILY / BABY NAME _____ **CHECKED ON** _____

CLOTHING	HAVE	NEED	SKIP	MY QTY
Bodysuits Start with 6-8; mix newborn and 0-3 month sizes	☐	☐	☐	
Sleepers / footed pajamas Start with 5-7; simple closures	☐	☐	☐	
Soft pants Start with 3-4 pairs	☐	☐	☐	
Socks Start with 4-6 pairs; a mesh wash bag helps	☐	☐	☐	
Going-out outfits Start with 1-2, not a full tiny wardrobe	☐	☐	☐	

DIAPERING	HAVE	NEED	SKIP	MY QTY
Newborn diapers 1 small pack so you can test the fit	☐	☐	☐	
Size 1 diapers 1 pack as the next-size backup	☐	☐	☐	
Baby wipes 2 packs: one at home and one for the bag	☐	☐	☐	
Home changing pad 1 wipe-clean pad	☐	☐	☐	
Portable changing pad 1 that stays in the diaper bag	☐	☐	☐	
Disposal bags 1 small roll for the changing kit	☐	☐	☐	

NURSERY	HAVE	NEED	SKIP	MY QTY
Intended sleep space 1 setup; measure first and follow current guidance	☐	☐	☐	
Exact-fit fitted sheets 2-3 for the exact model and dimensions	☐	☐	☐	
Stable changing area 1 practical surface; follow product instructions	☐	☐	☐	
Hamper / laundry bag 1 nearby, washable option	☐	☐	☐	
Refill basket 1 for diapers, wipes, sheets, and disposal bags	☐	☐	☐	
Trash can / diaper pail 1 that matches your normal trash routine	☐	☐	☐	
Changing-pad liners 2-3 washable liners	☐	☐	☐	

A quick reality check

Small starter quantities make returns and sizing changes easier. Before using a sleep product or car seat, check the exact model instructions and the current official guidance linked in the blog post.

Newborn Checklist: Home + Outings

Keep what fits your home. Cross out what does not. A complete list does not need to be a long list.

BATH SETUP	HAVE	NEED	SKIP	MY QTY
Hooded towels Start with 2	☐	☐	☐	
Washcloths Start with 4-6	☐	☐	☐	
Baby bathtub / insert 1 that fits the place you plan to use it	☐	☐	☐	
Bath caddy 1 for provider-guided supplies	☐	☐	☐	

ON THE GO	HAVE	NEED	SKIP	MY QTY
Infant car seat 1 if traveling by car; check both manuals	☐	☐	☐	
Diaper bag 1 you can open and carry easily	☐	☐	☐	
Portable changing kit Pad, diapers, wipes, disposal bags	☐	☐	☐	
Spare outfit 1 complete change kept in the bag	☐	☐	☐	
Stroller / carrier 1 only if it fits your route and storage	☐	☐	☐	

PARENT STATION	HAVE	NEED	SKIP	MY QTY
Handled caddy 1 that can move between your main rooms	☐	☐	☐	
Long phone charger 1 kept clear of walkways	☐	☐	☐	
Handled water bottle 1 easy-to-reach bottle	☐	☐	☐	
Snack basket 1 small basket, following provider guidance	☐	☐	☐	
Belongs-elsewhere basket 1 catchall for the next room reset	☐	☐	☐	

BEFORE BABY ARRIVES	DONE	LATER	SKIP	DATE
Practice with the car seat Keep both manuals nearby	☐	☐	☐	
Finish one changing station One complete setup beats three half-finished ones	☐	☐	☐	
Wash the first clothing rotation Leave tags on the rest for sizing and returns	☐	☐	☐	
Pack the hospital bag Pack by category and keep documents together	☐	☐	☐	
Label a few low-effort meals Write the name and reheating details clearly	☐	☐	☐	

Pack It Once. Reset It Fast.

Slide this page into a sheet protector and use a dry-erase marker, or fill it in on your phone or computer.

DIAPER BAG RESET

Pack the core kit once. Add trip-specific items later.

- [ ] **Diapers** — Enough for the trip
- [ ] **Wipes** — Travel pack stays packed
- [ ] **Changing pad** — Folded and wipe-clean
- [ ] **Disposal bags** — Small roll or pouch
- [ ] **Spare outfit** — One complete change
- [ ] **My trip-specific extra** — Only when the outing needs it

RESET AFTER

HOME STATIONS

Two useful stations are plenty. Name where they live.

STATION 1

LOCATION

- [ ] Diapers
- [ ] Wipes
- [ ] Pad / liners
- [ ] Disposal bags
- [ ] Spare outfit

REFILL DAY

STATION 2

LOCATION

- [ ] Diapers
- [ ] Wipes
- [ ] Pad / liners
- [ ] Disposal bags
- [ ] Spare outfit

REFILL DAY

SHOPPING LIST REALITY CHECK

Buy what solves today's setup problem. Park the maybe-later ideas before they fill a closet.

BUY NEXT

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

WAIT AND SEE

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Big Helper Missions

A low-pressure sibling page: a grown-up chooses each mission and helps. Skip anything that does not fit.

BIG HELPER NAME

SOCK MATCHER

Match the socks and place the pairs in the basket.

WASHCLOTH COUNTER

Count 4-6 washcloths with a grown-up and put them away.

CADDY HELPER

Help a grown-up place diapers and wipes in the caddy.

OUTFIT PICKER

Choose one outfit from the grown-up's two choices.

FRIDGE CAPTAIN

Help hang the finished checklist where everyone can see it.

STORY CHOOSER

Pick one book for a grown-up to read with the family.

DRAW A WELCOME PICTURE FOR BABY

Scribbles count. Stickers count. A blank page is allowed too.

MY FAVORITE HELPER JOB

I HELPED!