Nursery Checklist

Everything a newborn's room needs, and nothing it doesn't

Sleep space

- [ ] Crib or bassinet that meets current CPSC standards (no drop sides)
- [ ] Firm, flat mattress that fits the crib snugly
- [ ] 2 to 3 fitted crib sheets
- [ ] 2 to 3 wearable blankets (sleep sacks)
- [ ] Swaddles, until baby starts trying to roll
- [ ] Sound machine (optional)
- [ ] Cordless blackout curtains or shades
- [ ] Baby monitor, cord at least 3 feet from the crib

Changing station

- [ ] Changing pad with a safety strap
- [ ] Sturdy dresser or changing table, anchored to the wall
- [ ] Diapers: a newborn pack and size 1
- [ ] Wipes and diaper cream
- [ ] Diaper pail with a lid
- [ ] Diaper caddy for a second changing spot
- [ ] Soft washcloths
- [ ] Rectal thermometer (most accurate for babies)

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Nursery Checklist

Feeding corner, clothes, storage and room safety

Feeding & comfort corner

- [ ] Comfortable chair or glider
- [ ] Nursing pillow (for feeding only, never for sleep)
- [ ] Burp cloths
- [ ] Dim night light for night feeds
- [ ] Small side table for a water bottle and phone

Clothes & storage

- [ ] Sleepers and bodysuits in newborn and 0-3 months
- [ ] Laundry hamper
- [ ] Baskets or bins for diapers, socks and hats
- [ ] Small hangers
- [ ] A shelf for books, out of reach of the crib

Room safety

- [ ] Every dresser, bookcase and TV anchored to the wall
- [ ] Outlet covers
- [ ] No cords or blind cords within reach of the crib
- [ ] Crib away from windows, heaters and wall hangings
- [ ] Working smoke and carbon monoxide alarms nearby

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Safe Nursery Check

Tick each line before baby moves in

Safe sleep (American Academy of Pediatrics)

- [ ] Baby sleeps on their back, every sleep, naps too
- [ ] Firm, flat sleep surface with no incline
- [ ] Nothing in the crib: no blankets, pillows, toys or bumpers
- [ ] Crib in your room for at least the first 6 months, not in your bed
- [ ] Dress baby in one layer more than you wear; use a sleep sack, not a blanket
- [ ] No weighted sleep sacks, swaddles or blankets
- [ ] Stop swaddling once baby starts trying to roll

Crib check (U.S. Consumer Product Safety Commission)

- [ ] Slats no more than 2 3/8 inches apart (a soda can should not fit through)
- [ ] Mattress fits snugly, with no gaps at the sides
- [ ] No missing, loose or broken screws, brackets or slats
- [ ] No corner posts over 1/16 inch high and no cutouts in the ends
- [ ] No drop-side crib, and check it hasn't been recalled

You can skip

Crib bumpers: a suffocation risk; the AAP says keep them out
Sleep positioners and wedges: not safe for sleep
Inclined sleepers: any incline over 10 degrees isn't safe for sleep
A separate changing table: a pad on an anchored dresser works
A wipe warmer: nice to have, never needed

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