

Newborn Essentials Checklist for New Parents

A calm, safety-first printable checklist created by OnlineBuyerReview.com to help new parents focus on what truly matters — without overwhelm.

Baby Gear

- ■ Crib or bassinet
- ■ Firm crib mattress
- ■ 2–3 fitted sheets
- ■ Baby monitor (optional)
- ■ Rear-facing infant car seat

Nursery Essentials

- ■ Changing pad or changing table
- ■ Diaper pail
- ■ Storage bins or drawers
- ■ Soft night light

Feeding Essentials

- ■ 4–6 newborn bottles
- ■ Bottle brush & drying rack
- ■ Breastfeeding basics (if needed)
- ■ Sterilizing or cleaning setup

Sleep & Safety

- ■ Swaddles or sleep sacks
- ■ Safe sleep surface (empty crib/bassinet)
- ■ Room thermometer (optional)

Health & Grooming

- ■ Digital baby thermometer
- ■ Infant nail clippers or file
- ■ Baby bath tub or insert
- ■ Mild baby soap & washcloths
- ■ Diaper rash cream

Clothing

- ■ 6–8 onesies
- ■ 4–6 sleepers
- ■ Seasonal layers
- ■ Socks or mittens (optional)

You don't need everything at once. Start with the essentials, and add what supports your family's routine.

— *OnlineBuyerReview.com, trusted buying guides for modern families.*