

Baby Registry Essentials Checklist

Essential

Furniture

Choose a sleep space with a firm mattress and no padded sides to reduce the risk of SUDI. Padded nests are not safe for sleeping.

- ☐ Cot
- ☐ Cot Mattress
- ☐ Bassinet or Moses Basket.

Bedding

- ☐ Cot fitted sheets (x2+)
- ☐ Cot Mattress protector (x2)
- ☐ Bassinet or Moses Basket Sheets (x2+)
- ☐ Bassinet Mattress protector (x2)

Swaddle/Wraps

- ☐ Fitted Swaddle of your choice (x2+)
- ☐ Muslin Swaddle/Blanket (x3+)
- ☐ Merino Blanket

Sleeping Bag

Many swaddle until baby shows signs of rolling - typically around 3 months. If you are swaddling first choose a sleeping bag in the age range they'll be when they need it i.e. 3 months in a warmth rating suitable for that particular time of year/room temp.

- ☐ 3-Seasons Sleeping Bag
- ☐ Winter Weight Sleeping Bag
- ☐ Summer Weight Sleeping Bag

Clothing

Choose natural fibres like Merino or organic cotton. Mixture of long and short sleeve. Size up in a couple of options. Never wear hats in bed.

- ☐ Bodysuits (x3+)
- ☐ Singletsuit (x3+)
- ☐ Newborn Gown (x2)
- ☐ Zip-up Onesies (x3+)
- ☐ Merino Socks (x4+)
- ☐ Cardigans (x2)
- ☐ Woolen Hat (x1)
- ☐ Sunhat (x1)

Other

- ☐ Body Thermometer
- ☐ White Noise Machine
- ☐ Baby Carrier - Wrap/Front Pack
- ☐ Soft face cloths
- ☐ Old style cloth nappies for spills
- ☐ Wet Bag
- ☐ Safe Capsule/Carseat - Can be hired
- ☐ Baby nail clippers
- ☐ Baby Friendly Laundry Detergent
- ☐ Room Thermometer

Helpful to Have

Furniture

- ☐ Change Table with Change Pad
- ☐ Change Pad Covers (x2+)
- ☐ Travel Cot

Nursery

- ☐ Portable Blackout Blinds
- ☐ Baby Monitor
- ☐ Cool Mist Humidifier

Bathtime

- ☐ Hooded Towel (x2+)
- ☐ Wash Cloth (x3+)
- ☐ Baby Bath
- ☐ Nasal Suction Bulb

Breast Feeding

If you're planning on breast feeding, consider the following

- ☐ Breastfeeding Pillow with Washable Cover
 - ☐ Breast Pump
 - ☐ Nipple Cream
 - ☐ Absorbant Breast Pads (x6+)
 - ☐ Breast Milk Storage Bags
 - ☐ Maternity Tops & Bras
- For general feeding including formula or expressed breast milk:
- ☐ Bottles and Teats
 - ☐ Bottle Brush
 - ☐ Rocking or comfy chair for feeding
 - ☐ Dim Nightlight/Feeding Light

Reusable Nappies

Many use reusable nappies with the occasional disposable nappy for convenience and to reduce the amount of waste they are sending to landfill compared to using disposables exclusively.

- ☐ Reusable Nappy Outer (x5+)
- ☐ Nappy Inserts (5x)
- ☐ Bin with Fitted Lid

Other

- ☐ Dummies
- ☐ Nappy Cream
- ☐ Reusable Wipes
- ☐ Basic Buggy
- ☐ Breathable Buggy Shade
- ☐ Playmat
- ☐ Comforter
- ☐ Safe-T-Sleep
- ☐ Baby Books
- ☐ Nappy Bag

Hospital Bag

Some items included in the previous columns are shown below.

For Mum

- ☐ Drink Bottle with Sipper Top
- ☐ Wheat Bag
- ☐ Lip Balm
- ☐ Hair Ties or Bands
- ☐ Snacks - (Ask Your LMC)
- ☐ Any Regular Medications you Take
- ☐ Pillow from Home
- ☐ Comfortable Clothes for Labour.

For Mum Postnatal

- ☐ Comfortable Clothes
- ☐ Slip-on Shoes or Socks
- ☐ PJ's or Nightie
- ☐ Toiletries - Shampoo, Bodywash etc.
- ☐ Big Comfy Underwear
- ☐ Maternity Pads - Often provided at birth unit
- ☐ Nipple Cream
- ☐ Maternity Tops & Bras

For Partner

- ☐ Drink Bottle
- ☐ Snacks (Muesli Bars, Almonds, etc)
- ☐ Swimwear (if joining in birthing pool)
- ☐ Change of Clothes (x2)

For Baby

- ☐ Clothes for Duration of Stay
- ☐ Cotton or Merino Wrap for Swaddling
- ☐ Portable White Noise Machine
- ☐ Nappies
- ☐ Reusable Wipes
- ☐ Warm Outfit for Going Home in
- ☐ Safe Capsule/Carseat

Free from The Sleep Store

- ☐ Pregnancy Support Group
- ☐ Newborn Sleep Support Group
- ☐ Expert Sleep Advice & Articles
- ☐ Your Baby Gift Registry
- ☐ Downloading Our Newborn eBook Series
- ☐ Earning SleepPoints & VIP Perks

To find out more, create your gift registry and to discover detailed articles to the above visit www.thesleepstore.co.nz

