

THE ULTIMATE NEW MOM SURVIVAL CHECKLIST (0-6 MONTHS)



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(0–6 Months)

Backed by Experts, Loved by Real Moms



Sleep Essentials

“Good sleep isn’t a luxury—it’s fuel for motherhood.” — Minimalist Mom, Portland OR

- Safe bassinet or crib with firm, snug-fitting (no gaps)
- 3-4 fitted crib sheets + **waterproof mattress protector**
- Sleep sacks (safer than blankets) or cellular blankets (breathable)
- Portable white noise machine** (avoid screen-based apps)
- Avoid pillows, crib bumpers, plush bedding

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Feeding Essentials

"You don't need a perfect plan. Just options that let you rest and nourish."

If Breastfeeding

- 2-3 nursing bras (get fitted around 36-38 weeks)
- Lanolin nipple cream + reusable breast pads
- Manual or electric breast pump (often via insurance – CDC Guide)
- 5-10 muslin cloths (burping, leaks, cleaning)

If Formula Feeding

- 3-6 glass baby bottles (anti-colic, BPA-free)
- Sterilizer or large pot + bottle brush
- Ready-to-feed liquid formula for early weeks (confirm tolerance before buying bulk)
- For All Babies:** 5-7 bibs
- 4+ burp cloths (multi-use!)



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Diapering & Baby Health

"Skip the fancy stuff. Just keep baby clean, dry, and rash-free."

- 8-12 diapers per day (buy NB in small packs first)
- Unscented wipes or cotton + **warm water**
- Barrier cream (zinc oxide)
- Digital thermometer + saline spray or drops for congestion

- Soft baby nail file (safest option!)
- Skip: wipe warmers, designer diaper bins – a sealed kitchen bin works fine

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Clothing (Smart & Minimal)

“Babies grow fast. Buy just enough, and make it easy.”

- ✓ 6–8 zip-up onesies (0–3M only: zippers beat snaps)
 - ✓ 2 swaddle blankets (multi-use: nursing, stroller, burp cloth)
 - ✓ Seasonal add-ons: 1 sun hat, warm hat, 1 coat or snowsuit
-  Buy second-hand if possible – babies some items once.

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Travel & Safety

“Car seat first. Everything else is optional.”

- ✓ Rear-facing car seat (new, **Safety evolves**)
- ✓ Stroller with recline or travel system
- ✓ Baby carrier (try wraps or structured
choose what supports your back)

- ✓ Basic infant first-aid kit (acetaminophen,
nasal aspirator, digital thermometer)



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Bathing & Grooming

"A soft washcloth and warm water go a long way."

- Baby tub (or clean kitchen sink)
- Fragrance-free baby wash (hypoallergenic brands like Pipette or Mustela)

- 2-4 hooded towels + soft washcloths
- Skip: lotion sets, bath thermometers, fancy shampoos (not needed for newborns)

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Mom's Postpartum Essentials

"Your healing matters just as baby's needs."

- Peri bottle + pads or period underwear
- Sitz bath (Epsom salt or herbal, optional)
- Stool softener or fiber-rich snacks
- Nipple balm & snacks near nursing areas
- Mood tracker or journal +
list of postpartum helplines

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Night-Time Sanity Helpers

"You need a soft light and a full water bottle than you need a wipe warmer."

- Dim nightlight (avoid blue light)
- Bedside basket for diapers, wipes, burp cloths, snacks
- Extra phone charger **near nursing station**

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Minimalist Wisdom: What to Skip

- ✖ Bottle warner (use a warm water mug)
- ✖ Wipe warmer
- ✖ Fancy diaper pail
- ✖ Full nursery setup in month 1
- ✖ Baby shoes (wait until walking stage)

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Top Minimalist Mom Tips

"You need safety, sleep, feeding, and Everything else solves a problem you might not have."

— @MinimalMom

- ✓ Try second hand for clothes
baby tubs, carriers



- ✓ Rent items like Snoo, swings,
bassinet



- ✓ Freeze meals in week 39-40 for
Postpartum sanity



- ✓ Don't overschedule. The first 6
months are about rest,
rhythm, and bonding.

