

Minimalist Eco-Friendly Baby Checklist

- ☐ **A Place To Sleep**
 - Baby's Space Or Co-sleeping & Reusable Incontinence Pads For Boob or Diaper Leaks
- ☐ **Blankets**
 - For Bedding, Receiving Blankets, Sleep Sack
- ☐ **Clothing**
 - Basics That Can Mix & Match For Frequent Changes, Baby Hat, Mittens & Socks
- ☐ **Travel System**
 - Lightweight Snap 'N Go Stroller, Sling/Wrap & Designated Baby's Bag
- ☐ **Feeding System**
 - Breast pads & Haaka if Breastfeeding
Breast pump, Burp Rags, 2 Larger Bottles, 2 Smaller Bottles
- ☐ **Cleaning System**
 - Plant-Based Shampoo, Lotion, Toothbrush, Hairbrush, Laundry Detergent & White Vinegar
- ☐ **Elimination System**
 - 12 Diaper Covers, 3 Snappis, 25-30 Inserts, Wetbags, 30 Cloth Wipes, Wipe Container, Diaper Sprayer, Small Potty
- ☐ **Loving Caretakers**
 - Awesome Parents Who Educate Themselves
To Be The Best Parents They Can Be.

Minimalist Post-Partum Momma Checklist

- ☐ **Perineal Care** - Herbal Perineal Spray, Peri Bottle, Sitz Bath & Witch Hazel
- ☐ **Under Garnments** - Nursing Bras, Full Coverage Underwear & Variety Sized Cloth Pads
- ☐ **For Pain** - Ibuprofen, Frozen Witch Hazel Soaked Pads or Cloth Wipes- Place In Underwear
- ☐ **Nursing** - Caring Coconut Nipple Balm, Boppy Pillow, Haaka, Reusable Breast Pads, Loose Shirts, Ice Cube Tray To Store Milk & Breastpump
- ☐ **Baskets** - 1 Bathroom Essentials, 1 Living room Essentials & 1 For Easy Diaper Changes-
- ☐ **Large Tumbler** - You're Going To Need A LOT of Water
- ☐ **Food** - Meal Prep Before Giving Birth & Have Easy Snacks In Basket
- ☐ **Help** - Ask For Help & Accept Help

Minimalist Cloth Diapering Checklist

Diaper Covers

– 12 All-N-One Covers

☐ Cotton Pre-folds

– 25–35 Organic Cotton Pre-folds
1 Pack Of Newborn & The Rest Regular Sized

☐ Snappi

– Hold The Pre-folds In Place

☐ Cloth Wipes

– 25–35 Organic Cotton Cloth Wipes
& Wipes Solution

☐ Wipes Containers

– One For The Home & Travel Sized

☐ Wet Bags

– 2 Large Sized & 2 Travel Sized

☐ Laundry

– Diaper Sprayer, Sprayer Shield, Free-N-Clear Detergent, White Vinegar, Hot Water

☐ Patience

– . Frequent Changes & Laundry Can Get
Overwhelming. It's Best For The
Environment, Cost Efficient & Baby's Health

How to Not Lose Your Cool Pause & Breathe

1. Children aren't giving you a hard time,
they're having a hard time.

2. Misbehavior is your child's way of telling you
"I need help."

3. This is NOT an emergency. This too shall PASS.

4. Am I being kind & respectful?

5. Is this the parent I want to be?

6. Remember, I am their "inner voice".

7. Seek first to understand. Get down on their
level.

8. Validate their emotions.

9. Take a breath, and apologize if need be.

10. Give them solutions or alternatives & "I love
you."

11. Reset.

