

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.

Postpartum Minimalist Checklist

☐ Perineal Supplies

- Herbal Perineal Spray, Peri Bottle, Sitz Bath & Witch Hazel

☐ Under Garments

- Nursing Bras, Full Coverage Underwear & Variety Sized Cloth Pads

☐ For Pain

- Ibuprofen, Frozen Witch Hazel Soaked Pads or Cloth Wipes- Place In Underwear

☐ Breastfeeding

- 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

- Cloth Can Be Overwhelming At Times. Frequent
Changes & Laundry. It's Best For The
Environment, Cost Efficient & Baby's Health