

NEWBORN ESSENTIALS CHECKLIST (0–3 Months)



CLOTHING & LAUNDRY

- Bodysuits / Onesies (6–8) – Short and long-sleeved with easy snaps.
- Footed Sleepers / Pyjamas (5–7) – Preferably zip-up for night changes.
- Socks / Booties (5–7 pairs) – Keep feet warm.
- Hats / Beanies (2) – For outings or post-bath.
- Scratch Mittens (2–3 pairs) – Prevent face scratching.
- Burp Cloths (8–10) – Essential for feeding and spit-ups.
- Gentle Laundry Detergent (1 bottle) – Unscented, baby-safe.



BATH & HEALTH CARE

- Baby Bathtub (1) – Small and newborn-friendly.
- Hooded Towels (2) – For drying and warmth.
- Soft Washcloths (3–5) – Gentle for cleaning.
- Unscented Baby Wash / Shampoo (1–2) – Mild formula.
- Digital Thermometer (1) – For checking temperature.
- Infant Nail Clippers / Scissors (1) – Safe for tiny nails.
- Nasal Aspirator & Saline Drops (1 each) – For stuffy noses.



SLEEP & NURSERY

- Crib or Bassinet (1) – Safe, firm sleeping space.
- Firm Mattress (1) – Must fit snugly.
- Fitted Crib Sheets (3–4) – Easy to swap and wash.
- Wearable Sleep Sacks / Swaddles (2–3) – Safer than loose blankets.
- Changing Pad (1) – With a waterproof cover.
- White Noise Machine (1) – Helps soothe and improve sleep.



DIAPERING

- Newborn Diapers (2–3 large packs) – Expect 10–12 diapers a day.
- Sensitive Baby Wipes (3–4 packs) – Unscented.
- Diaper Rash Cream / Ointment (1) – Prevention & treatment.
- Diaper Bag (1) – For outings.



Bloom & Cuddle