

New Mum Checklists



Baby Things

Nursery

- ☐ COT
- ☐ BASSINET / CO SLEEPER
- ☐ CHANGE TABLE AND CHANGE MAT
- ☐ CHANGE TABLE CADDY OR TROLLEY
- ☐ BABY MONITOR
- ☐ SLEEP AID/ WHITE NOISE MACHINE
- ☐ DRESSER
- ☐ PLAY MAT/ PLAY GYM
- ☐ COMFORTER
- ☐ SHEETS FOR COT AND BASSINET
- ☐ COVERS FOR CHANGE MAT

Out & About

- ☐ REAR FACING CARSEAT OR CAPSULE
- ☐ PRAM SUITABLE FOR A NEWBORN
- ☐ NAPPY BAG
- ☐ BABY CARRIER / SLING / WRAP
- ☐ CAR WINDOW SHADE
- ☐ CARSEAT MIRROR
- ☐ PORTABLE WHITE NOISE

Bath & Change Time

- ☐ BATH
- ☐ BODY WASH
- ☐ TOWELS AND WASHERS
- ☐ NAPPIES
- ☐ WIPES
- ☐ NAPPY CREAM
- ☐ MOISTURISER



Newborn Essentials



- ☐ BONDS WONDERSUITS OR ZIP ONESIES
- ☐ DUMMIES- 2 DIFFERENT TYPES
- ☐ LOVE TO DREAM SWADDLES
- ☐ SWING AND/ OR BOUNCER
- ☐ JOLLY JUMPER / WALKER / PLAY CENTRE
- ☐ BEANIE
- ☐ SOCKS AND MITTENS
- ☐ LONG SLEEVE ROMPERS
- ☐ CLOTH TERRY TOWELLING NAPPIES

THESE ARE USED FOR EVERYTHING! INCLUDING BURP CLOTHS,
CHANGING AND CLEANING UP SPILLS.

Health

- ☐ BABY PANADOL
- ☐ COLIC MIXURE
- ☐ GRIPE WATER
- ☐ THERMOMETER
- ☐ BABY NAIL CLIPPERS
- ☐ FIRST AID KIT

Feeding

Breastfeeding

- ☐ BREAST PUMP
- ☐ SILICONE HAAKA MILK CATCHER
- ☐ BREAST MILK STORAGE BAGS
- ☐ LACTATION COOKIES
- ☐ FEEDING PILLOW

Bottle feeding

- ☐ BOTTLES - 2 DIFFERENT TYPES
- ☐ FORMULA
- ☐ STERILISER
- ☐ BOTTLE BRUSH
- ☐ BOTTLE DRYING RACK
- ☐ BIBS



Mums Essentials



- | | |
|---|--|
| <input type="checkbox"/> PRE COOK EASY NOURISHING MEALS | <input type="checkbox"/> STOCK UP ON NOURISHING SNACKS |
| <input type="checkbox"/> MATERNITY SINGLETS | INVEST IN SOME GOOD HEALTH FOOD PRODUCTS TO AID |
| <input type="checkbox"/> MATERNITY BRAS | IN RECOVERY AND HEALTH SUCH AS |
| <input type="checkbox"/> MATERNITY PADS OR NAPPIES | <ul style="list-style-type: none">• BONE BROTH |
| <input type="checkbox"/> BREAST PADS | <ul style="list-style-type: none">• MULTIVITAMIN BLEND |
| <input type="checkbox"/> COMFY LOUNGEWEAR | <ul style="list-style-type: none">• COLLAGEN |
| <input type="checkbox"/> NIPPLE BALM | <input type="checkbox"/> READ BOOK ' THE FIRST FORTY DAYS' |
| <input type="checkbox"/> OIL AND MOISTURISER | <input type="checkbox"/> STOCK UP ON HOUSEHOLD ESSENTIALS |
| <input type="checkbox"/> COMFY HIGHWAISTED UNDIES | <input type="checkbox"/> HAVE ACTIVITY PACKS AND GAMES READY |
| <input type="checkbox"/> BELLY BAND OR COMPRESSION TIGHTS | FOR OTHER KIDS TO KEEP THEM BUSY |
| FOR RECOVERY | <input type="checkbox"/> BOOK IN FOR A WOMENS HEALTH PHYSIO 6 |
| <input type="checkbox"/> BOOK IN TO SEE A LACTATION | WEEKS PP |
| CONSULTANT (IF NEEDED) | |

What having a doula postpartum can look like?

Having a doula postpartum Looks different to everyone. Some mums have had a doula through pregnancy and birth so naturally they have one postpartum too. Some mums hire a doula specifically for the postpartum period to help with navigating life as a mum for the first or fifth time.

Postpartum doulas can help you with birth debriefing, recommendations to health professionals, breastfeeding support, day or night visits to help mum with feeds and let her get some sleep and have some me time. Most doulas will also happily help with general household jobs such as cooking, cleaning, washing and caring for other children so you can spend time with your newborn.