



NURSERY

CHECKLIST

BEFORE YOUR LITTLE BUNDLE COMES HOME
STOCK UP ON THESE ESSENTIALS

THE ESSENTIALS

- CRIB, CRADLE OR BASSINET
- BEDDING
- WATERPROOF MATTRESS COVER
- ROCKING OR ARM CHAIR
- BABY MONITOR
- CHANGING TABLE
- BREAST BUMP/BOTTLES
- BOTTLE BRUSH
- NURSING PILLOW
- DISHWASHER CADDY
- BOTTLE CARRIER
- DIAPERS/WIPES/CLOTHS
- DIAPER DISPOSAL PALE
- BABY SWING
- INFANT BATH SET & TUB
- NIGHTLIGHT
- DRESSER
- TOY BASKET
- CHILDPROOF BASICS

CLOTHING

- Onesies
- Bibs
- Sleepers
- Socks
- Scratch mittens
- Laundry Soap: *Babyganics fragrance free*
- Dreft stain remover spray
- Baby Blankets, *light and heavy*
- Diaper bag (*Kindly consider another set for travel*)
- Luggage
- Wet dry bag for soiled clothing
- Burping cloths

PHARMACY

- Antibacterial wipes
- AYR gel nasal moisturizer
- Formula (*if needed for initial use before breastfeeding*)
- Hand sanitizer
- KY jelly sterile lubricant-water soluble
- Ointments/creams: *Aquaphor, Calendula, Benadryl,*
- Neosporin
- Baby powder
- Brush/Comb set
- Cotton Swabs
- Oral & rectal thermometer (*digital & mercury 2 sets each*)
- Infant Tylenol/ *Infant Motrin*
- Nasal Saline spray for infants
- Bulb syringe nasal aspirator X 2
- Baby nail file/emery board/clippers
- Gentle soap/shampoo/detergent
- First Aid kit



BIRTH PLAN

These are our preferences for a normal birth. If and when complications arise, we request the least invasive treatment possible and informed consent before interventions.

DURING LABOR I'D LIKE...

- MUSIC PLAYED
- LIGHTS DIMMED
- TO PARTNER/SUPPORT TO BE WITH ME THE WHOLE TIME
- TO WALK AND MOVE AROUND AS MUCH AS POSSIBLE
- OTHER:

AFTER THE BIRTH...

- HAVE SKIN TO SKIN CONTACT
- HOLD MY BABY IMMEDIATELY AFTER DELIVERY
- HOLD MY BABY AFTER HE OR SHE HAS BEEN WIPED CLEAN
- BREASTFEED MY BABY

I PLAN TO...

- BREASTFEED ONLY
- FORMULA FEED ONLY
- BREASTFEED & FORMULA FEED
- USE A PACIFIER

IF WE HAVE A BOY, A CIRCUMCISION SHOULD:

- BE PERFORMED
- NOT BE PERFORMED

PARENTS INFO

Names:

Email:

Phone Number:

Email:

Phone Number:

Due Date:

Doctor's Name/Contact:

Birth Location:

In case of an emergency:

LABOR & BIRTH

My delivery is planned as:

(Vaginal, C-Section, Water Birth, VBAC)

I'd like.... *Birth Partner* *Parents* *Other Children*

Doula *Other:*

.... to be present during labor.

SPECIFIC REQUESTS