

NEWBORN BEDSIDE ESSENTIALS

A LIST FOR THE EXPECTING MAMA



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When arriving home from the hospital, it is helpful to have the essentials at your bedside, not just in the nursery.

Keeping a diaper caddy or a simple basket with baby essentials by your bed is super convenient. Here is a list of items I recommend you keep bedside to help make the first few weeks of parenthood run smoothly:

FOR BABY

- **Bassinet** (preferably on wheels).
- **Diapers**
- **Wipes or gauze & water**- a wipe warmer can help keep your baby asleep during middle of the night diaper changes.
- **2-3 sets of footed pajamas**- choose two-way zipper pajamas for a quicker and easier diaper change.
- **1-2 extra swaddles**- (preferably two-way zipper).
- **2-3 burp cloths**
- **1-3 pacifiers**
- **A snot sucker**
- **Saline spray/ Drops**
- **A white noise sound machine**

FOR MOM

- **Hand sanitizer**
- **Nipple cream and nursing pads**
- **Water bottle**
- **Nursing pillow**
- **A face towel**- night sweats are real, you'll need it!
- **Milk Saver AKA Haakaa**

*If able, many people love having a small fridge by the bed for middle of the night pumps or milk collected in the milk saver.