

Newborn Parent Resource Pack

Your trusted set of checklists, planners, and trackers to help you navigate the newborn stage with confidence.

1. Newborn Survival Checklist (0–6 Weeks)

Must-Haves for Baby:

- Diapers (newborn + size 1)
- Wipes & diaper cream
- Swaddle blankets / sleep sacks
- Onesies (short & long sleeve)
- Burp cloths & bibs
- Infant car seat (installed + checked)
- Safe sleep space (bassinet or crib)
- Bottles & nipples (even if breastfeeding)
- Formula (for backup if needed)
- Baby thermometer & nail clippers

Must-Haves for Mom:

- Nursing bras & pads
- Postpartum pads/underwear
- Peri bottle & recovery spray
- Comfortable lounge wear
- Water bottle & snacks
- Support pillow for feeding
- Freezer meals / easy snacks

2. Feeding & Diaper Log

Time	Feeding Type	Amount	Side	Wet Diaper	Dirty Diaper	Notes
7:00 AM	Breast	20 min	Left	■	■	Calm
9:30 AM	Bottle	3 oz	-	■	■	Spit up

■ Use this to track patterns & share with your pediatrician if needed.

3. Postpartum Self-Care Planner

- Take a shower (yes, it counts as self-care!)
- Drink 8 glasses of water
- Rest/nap when possible (20–30 min)
- Eat 3 balanced meals + 2 snacks
- Light movement/stretching
- Connect with a friend/support person
- 5 minutes of calm (deep breathing, journaling, or prayer)

4. Milestone Tracker (0–12 Months)

Month 1: Lifts head briefly, follows faces

Month 3: Smiles socially, coos

Month 6: Rolls over, sits with support, babbles

Month 9: Crawls, pulls to stand, plays peek-a-boo

Month 12: First steps, says 'mama/dada,' waves bye

■ Every baby develops at their own pace — celebrate progress, not perfection.

5. Baby Registry Essentials

Nursery:

- Crib/bassinet
- Fitted sheets
- Monitor
- Swaddles

On-the-Go:

- Car seat
- Stroller
- Diaper bag
- Portable changing mat

Feeding:

- Bottles
- Drying rack
- Breast pump (if needed)
- Bibs, burp cloths

Bathing:

- Infant tub
- Gentle wash
- Hooded towels

Health & Safety:

- Thermometer
- Baby nail clippers
- First aid kit

Clothing:

- Onesies
- Sleepers
- Mittens
- Socks