



Petal & Paper

YOUR FREE PRINTABLE

Baby preparation arrival checklist



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N E W B A B Y 

arrival checklist

Sleeping

- Moses basket or crib set up in parents' room: ☐
- Firm flat mattress (no pillow, no duvet): ☐
- Room temperature 16–20°C: ☐
- Baby monitor: ☐ Blackout blind: ☐

Clothing and changing

- Newborn and 0–3 month clothing washed: ☐
- Nappies (newborn size) stocked: ☐ Wipes: ☐
- Changing mat and nappy bags: ☐
- Baby bath and towels: ☐ Nail file: ☐

Feeding

- Breast pump (if breastfeeding): ☐ Breast pads: ☐
- Bottles and steriliser (if formula feeding): ☐
- Muslin cloths × 8+: ☐ Burp cloths: ☐
- HV appointment in diary: ☐ Feeding log printed: ☐

Admin and safety

- NHS registered: ☐ Midwife number saved: ☐
- Pushchair assembled and tested: ☐
- Car seat fitted and inspected: ☐
- Smoke alarms tested: ☐ CO alarm: ☐