

Baby Basics Checklist

What a new baby actually needs, not what stores try to sell you. Most of it you can get free or low-cost nearby.

Babies need very little to be safe and loved. Use this to focus on what matters. Do not stress about the rest.

Sleep

- A safe place to sleep crib, bassinet, or a Pack 'n Play
- A firm flat mattress that fits
- A few fitted sheets
- Wearable blanket or sleep sack not loose blankets

Diapering

- Diapers, newborn and size 1
- Wipes
- Diaper cream
- A changing spot a towel on any surface works

Getting around

- An infant car seat required to leave the hospital
- A carrier or stroller optional

Feeding

- Bottles and nipples if bottle-feeding
- Formula WIC can help; ask your provider which kind
- Burp cloths
- Feeding support WIC offers free help

Clothes

- 5 to 7 onesies
- Sleepers / footed pajamas
- Socks, a hat, weather-right layers
- Swaddle blankets

Health & care

- Baby thermometer
- Nail clippers, gentle soap
- A chosen pediatrician line one up before birth

Safe sleep, every sleep: the ABCs

Babies are safest **Alone** (no people, pillows, or toys), on their **Back**, in a **Crib** or bassinet with a firm flat mattress and a tight sheet. This lowers the risk of sudden infant death. Ask your provider if you have questions.

Where to get baby items free or low-cost

PACE Diapers 'N Things, New Bedford: **508-999-9930**

Baby Point, Turning Point of Wareham: **508-291-3562**

Family Resource Center, Fall River (with Cradles to Crayons): **508-567-1735**

Formula & feeding help: your local WIC office

Car seats: ask your hospital birthing unit or MassHealth about programs

General information, not medical advice. Ask your pediatrician or prenatal provider about your baby's specific needs and feeding.