

# The Essential LAYETTE, a Checklist

Ideally, before the baby arrives, you will have pulled together some essential items so you'll have a few less things to think about in those first few days and weeks following the birth. If you are having a baby shower or are making a registry you'll want to think beyond the first few weeks to items you will need as your baby grows.

## On CLOTHES

A good rule of thumb is that babies should be wearing one more layer than their parents. If you're comfortable in a t-shirt and pants, add a light long-sleeve sweater or shirt to your baby's ensemble. Chilly in your cardigan? Make sure baby has a hat to keep in body heat.

**Don't forget your baby will still have an umbilical cord nub so you want an outfit that will catch or push on the would-be belly button.** Look for kimono style onsies, and footed one piece sleepers with an asymmetrical opening. A sleeper that also has a fold over "mittens" on the sleeve is ideal.

## ON SIZING

A note on sizing, chances are your newborn will out grow "NB" sized things within a few weeks (NB size usually means under 7lbs). So buy a combination of 0-3 month and NB items. Having a couple of 3-6 month things on hand is also helpful.

TAKE ME HOME	1	2	3	4	5	6
Infant appropriate car seat						
Pacifier (2)						
Diapers (3, 3 dozen)						
Take me home outfit: Kimono bodysuit(1)						
Footed sleeper						
(scratch Mittens)						
Sweater & hat						
(Car seat cover)						
Receiving blanket (1)						
DIAPERING	1	2	3	4	5	6
Diapers 10/day						
Bum cloths/wipes (3 dozen/3 packages)						
Diaper disposal pail						
Change pad						
Change pad cover (2-4)						
(Change table)						
Bum ointment/cream/spray						
Oil (coconut/almond/olive)						
CLOTHES	1	2	3	4	5	6
6-10 long/short sleeve bodysuits (kimono)						
Shirt/pant combos (3)						
Sleepers (4)						
Footed pajamas, one-piece (4)						
Baby socks/scratch mits (6 pair total)						
Leg warmers (2 pair)						
cartigan						
Hat						
Booties (insulated)						
Baby laundry soap						
BATHING	1	2	3	4	5	6
Hooded towel (2)						
Bath cloth (6)						
(Baby bath tub)						
Baby body wash						
Baby moisturizer/oil						
(coconut/almond/olive)						

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In parenting there is so much advice, and so many opinions flying around that it can sometimes get overwhelming.

**Talk to your friends and Family with kids**, and don't be afraid to stop someone in the park and ask about their baby gear. Go to some places parents hang out and ask questions. **You are going to get advice; it might as well be about things you'd like to know.**

There are tons of books out there for parents & caregivers, and there are as many different kinds of families as there are different kinds of people. So here are a couple of my top picks for parents to be, check out our "book bundles" post for more ideas...

EATING & SOOTHING	1	2	3	4	5	6
Breastfeeding pillow						
Breast pads						
Booby tubes						
White noise machine						
Pacifier						
Bottles (3-6)						
Nipples, slow (3-6)						
Baby carrier (Ergo or Beco)						
Baby Wrap						
OTHER	1	2	3	4	5	6
Infant chair, vibrating/swining						
Nursery chair						
First aid kit including baby thermometer						
Nose Sucker						
Feeding Chair						
Activity/Play Mat						
STROLLER						
Stroller FootMuff						
Stroller Accessories (mom caddy, mommy hook, drink holder)						
Infant Chewy Toys: Sophie						
Winkle/OdBall						
Linked stroller rings						
Stroller toys (vibrating)						
Play Pen, Play Yard						
BOOKS	1	2	3	4	5	6
The Mother of All Baby Books: An All-Canadian Guide to Baby's First Year						
The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions						
My Mom's Having a Baby (for a soon to be sibling)						
The Very Hungry Caterpillar						
Orange Pear Apple Bear						
Each Peach Pear Plum						
Good Night Moon						