

[FATHERCRAFT'S]

NEWBORN ESSENTIAL GEAR CHECKLISTS

HEY.

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Essential gear for newborns and babies checklists

THERE ARE FIVE MAIN THINGS YOU'LL NEED TO DO AT THIS STAGE:

- Feed them
- Move them
- Get them to sleep (safely)
- Clean them
- Entertain them

Gear you'll need should support one of these activities



Let's start by making your list shorter.

There is a lot of baby gear out there. You do not need it all. Not by a long shot.

NOTES

HERE'S WHAT YOU DON'T NEED

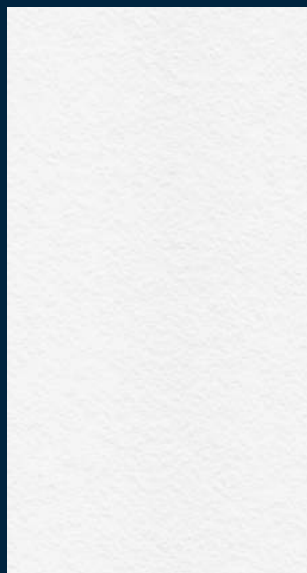
Either because they're dangerous, they're not age-appropriate, or you simply don't need them.

- **A crib bumper.** Crib bumpers are dangerous, period. If you don't believe us, please believe the American Academy of Pediatrics.
- **A stuffed animal of "Lovie".** Again, do not give your infant a stuffed animal to sleep with. Sure go ahead and get her one, just put it on a shelf for now.
- **A blanket.** Please see above.
- **Anything that promotes co-sleeping.** Please, please see above.
- **A copious amount of toys.** We're all about cool baby toys. But you just don't need a lot right now.
- **Babyproofing stuff.** Infants under 6 months typically don't crawl. Babyproof, just not yet - you've got plenty of other stuff to worry about.

Gear for cleaning, diapering, clothing, health & feeding

The gear you need to keep your baby clean, bathed, clothed, fed, and a few key health items to have at home

NOTES



[REMEMBER]

Babies grow fast, buy the Costco bulk pack of onsies (trust us, plenty of people will buy you the "cute" read: expensive stuff). Expect several outfit changes per day.

GEAR FOR HEALTH

- Thermometer
- Baby nail clippers
- Circumcision care equipment
- First aid kit

BATHING GEAR

- Non-slip sink mat or dedicated baby bath
- Sponge for sink cleaning
- Hooded towel
- Natural lotion/shampoo

SNOT MANAGEMENT

- Nose Frida
- Boogie Wipes
- Oogie Bear Nose Picker

DIAPERING GEAR

- Good diapers (8-12 per day)
- Wipes (~2 travel packs in diaper bag)
- Diaper rash cream
- Bottom wash spray

CLOTHING FOR YOUR BABY

- Bulk packs of onsies
- Gentle, natural laundry detergent

GEAR FOR FEEDING

- Baby bottles (at least 4)
- Boppy
- Bibs or Burp cloths
- Baby Bezza Formula Pro (if formula feeding)
- Drying rack

Gear for moving your baby

THE BIG 3 OF MOVING YOUR BABY:

Strollers, car seats, and baby carriers

THE CAR SEAT

Rear-facing (it's the law), and make sure it's top-rated for safety. Your infant car seat will be used from birth through about 35 pounds.



- Listen for an audible click every time you put your baby in the car
 - Gently wiggle the seat to ensure proper seating in the base
 - Don't let your child sleep in their car seat for long periods of time - it is not recommended, as it is not a "flat on back" sleeping position
 - Have your car seat checked by the professional at the hospital
 - Read the safety manual
- If you borrow or purchase a used car seat, **Google the make/model**. Look for expiration dates, recalls, etc.
- When traveling, **gate-check your car seat only**

THE BABY CARRIER

Strap your baby to you, free your hands

- Your baby must always be inward facing until she can hold her head up on her own
- Baby carriers are great for allowing you to do everyday tasks around the house while keeping your baby close to you
- Exercise, do the dishes, ~~mow the lawn~~... Ok don't mow the lawn



THE STROLLER

There are strollers for every occasion. Don't fall for this trap. Find a good, versatile stroller that fits all your needs.

- Not all strollers are made for infants. Make sure you check the size, weight, and age rating
- Again, **gate-check only** when traveling by air



Gear for sleep

We talk about the gear you need to get your baby to sleep safely, and, hopefully, to help your baby become a better sleeper

ESSENTIAL GEAR FOR SLEEP

- A safe crib: details below.
- Blackout curtains
- A baby monitor
- Snuggly fitting pajamas
- Sleep sacks
- A bedtime book
- White noise source

IF YOU CHOOSE TO USE A BASSINET

- Meets current U.S. safety standards (new stricter standards went into place on April 23, 2014)
- Has a well supported bottom to prevent collapse
- A wide base so that it cannot tip
- Full bassinet safety list: bit.ly/bssafety

A LONG CHECKLIST OF THINGS TO CHECK FOR CRIB SAFETY

- Was purchased from a reputable manufacturer and made after June 28, 2011**
- Slats should be no more than 2 3/4 inches apart
- Has no cutouts in headboard or footboard
- Corner posts should be flush with the end panels
- Has a firm, not soft mattress with all plastic materials removed
- Has at least 4 inches of crib rail above the fully-raised mattress (for when your child is an infant), and a lowered mattress as soon as your child can sit/pull-up, roll over
- No more than two fingers should be able to slide between crib mattress and crib side
- Has no bumper pads
- Has no soft objects inside the crib, including blankets and stuffed animals**
- Has no cords of any kind within reach
- Mobile or crib gym should not be mounted above crib
- Set a reminder on your phone to check hardware periodically
- Has fitted sheets & waterproof cover that cannot come loose
- Has no items near crib or in the crib with your baby**
- Is not placed near a window and does not have pictures or other objects hung above the crib that could fall in the event of an earthquake or poor mounting



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