

# REGISTRY CHECKLIST

Don't let an aggressive salesperson push you into buying *everything* in the store. Here's what you really need, what's nice to have and what you can skip.

## CLOTHING

- 8 undershirts or onesies (short- or long-sleeved, depending on season)
- 5 nightgowns (for use until the cord stump falls off)
- 8 stretchy one-piece sleepers
- 5 pairs of pants
- 2 newborn hats
- 8 pairs of socks or booties
- 2 cardigans or jackets (more in winter)
- Bunting bag or snowsuit for winter baby
- Laundry detergent for infants

## BLANKETS

- 3 large cotton blankets
- 8 receiving blankets (they also make handy burp cloths)
- 3 soft muslin blankets for swaddling or nursing, or to use as a stroller shade

## FEEDING

*If you are nursing:*

- Lots of bibs
- Burp cloths
- Breast pump
- Milk storage containers or bags
- Nursing pillow
- Nursing bras (if buying before baby is born, buy one cup size larger than your bra size during pregnancy)
- Breast pads (disposable or washable)
- Lotion for sore nipples

*If you are formula-feeding:*

- Lots of bibs
- Burp cloths
- 8 four-ounce bottles with low-flow nipples (for newborn months)
- 6 eight-ounce bottles with medium-flow nipples

- Bottle and nipple brush
- Formula (be sure to check expiry date and note the lot number in case of recalls)
- Thermal bottle carrier

## DIAPERING

*If you're using disposable diapers:*

- Two boxes of newborn-size diapers (it's better not to buy too many in advance in case your baby grows quickly)
- 1 diaper pail (with a set of bag refills)
- Changing pad
- Baby ointment or barrier cream to prevent rashes
- Disposable wipes

*If you're using cloth diapers:*

- 50 to 60 reusable diapers
- 8 waterproof covers
- Disposable wipes or a couple dozen reusable washcloths for cleaning baby's bum
- Wet bag (for storing dirty diapers on the go)

## BATHTIME

- 1 infant tub (or use a large dishpan in the sink, or take baby in the bath with you)
- 12 washcloths (separate from those used during diaper changes)
- Baby soap or cleanser
- Soft-bristled baby hair brush
- 3 soft-hooded towels

## BEDTIME

*If you're using a bassinet:*

- Approved bassinet and bassinet mattress
- 4 fitted bassinet sheets

*If you're using a crib:*

- Approved crib and crib mattress
- 3 waterproof mattress covers

- 4 fitted crib sheets
- Sleep sacks (you'll need a variety of sizes as your baby grows)

*If you're co-sleeping:*

- Firm mattress (not a water bed)
- 3 waterproof pads to place under baby

## OTHER NECESSITIES

- Approved infant car seat
- Stroller that reclines (or has a bassinet attachment) so newborn can lie flat
- Nail clippers or scissors
- Bulb syringe for suctioning nose mucus
- Baby thermometer
- Medication in case of fever

## NICE-TO-HAVE ITEMS

- Rocking chair or glider for feeding and soothing
- Sling, fabric wrap or structured baby carrier
- Bouncer seat
- Diaper bag (a backpack works well, too!)
- 2 to 4 pacifiers (if you choose to use these and your baby likes them)
- Change table
- Portable change pad
- White noise machine
- Baby monitor (video or audio)
- Playpen or travel crib
- Activity gym
- Foam tiles for when baby is sitting up and crawling
- Rattles and other baby toys
- Mobile
- Night light
- Sun shade for car windows
- Mirror for seeing infant in a rear-facing car seat



## DO-NOT-BUY LIST

TRUST US—YOU DON'T NEED IT.

### WIPES WARMER

Unless you travel everywhere with this contraption, your baby is going to have to get used to room-temp bum wipes at some point!

### CRIB BUMPERS

Yes, stores still sell cute crib bumper sets, but they're a safety hazard and not recommended by the Canadian Paediatric Society.

### BREASTFEEDING COVER

If you feel you must cover up, a receiving blanket or muslin swaddling blanket draped over your shoulder serves the same purpose.

### SCRATCH MITTENS

Putting baby socks on their hands works just fine!

### STUFFED ANIMALS

These will accumulate in your home regardless of what you do—don't "stock up."

### BABY FOOD MAKER

If you already have a blender or food processor, that'll work just fine for making purées.

### JOGGING STROLLER

Running with your baby is not recommended until she's six months old and has developed better neck strength. Unless you have unlimited storage space, it's best to wait. (Or buy used—swap-and-sell sites are rife with parents selling their jogging strollers.)