

THE PREGNANCY CARE CENTER

Logo

Preparing for Baby's Arrival

Complete checklist for getting ready for your new baby

Planning ahead makes the transition to parenthood smoother. Use this guide to organize supplies, prepare your home and plan for the big day.

Essential baby supplies

- **Feeding:** Bottles and nipples (even if you plan to breastfeed), a breast pump if needed, nursing bras and pads.
- **Sleeping:** A crib or bassinet that meets current safety standards with a firm mattress and fitted sheet; receiving blankets.
- **Diapering:** Diapers (disposable or cloth), wipes, a changing table or pad and a diaper pail.
- **Clothing:** Onesies, sleepers, hats and mittens; wash new clothes with baby-safe detergent.
- **Bathing:** Infant tub, gentle soap and shampoo, soft washcloths and towels【912736786533286†L523-L547】.

Prepare your home

Set up a safe sleeping area and space for baby supplies and clothing. Wash all clothes, bedding and towels before use【912736786533286†L542-L547】. Stock up on household essentials, prepare easy meals and arrange for help with chores during the first few weeks.

Car seat safety

Choose a federally approved, rear-facing car seat installed in the back seat; the middle seat is safest if possible. Avoid used car seats that have expired or been in an accident and never place a rear-facing seat in front of an active passenger-side air bag【912736786533286†L549-L560】.

Education and planning

- **Classes:** Take breastfeeding and newborn care classes and consider an infant CPR course. Tour your birth facility and choose a pediatrician by the beginning of the third trimester【912736786533286†L566-L578】.
- **Birth plan:** Discuss labor preferences, pain management, and who will attend the birth. Health experts recommend avoiding elective delivery before 39 weeks unless medically necessary【912736786533286†L585-L591】.

Additional preparations

- Arrange for child or pet care and prepare your hospital bag by around 36–37 weeks.
- Plan and practice your route to the hospital; keep gas in the car.
- Consider household tasks such as covering the mattress, preparing freezer meals, and stocking diapers and toiletries【912736786533286†L632-L650】.
- Review your health insurance coverage and understand maternity and newborn benefits.

Sources

1. Sutter Health: “Preparing for your baby’s arrival”【912736786533286†L523-L560】【912736786533286†L566-L650】.