

A close-up photograph of a woman with long brown hair, wearing a white lace top, smiling and kissing a baby on the cheek. The baby is wearing a white onesie and looking up with a joyful expression. The background is softly blurred, suggesting an indoor setting with natural light.

velOna
CUDDLES

The

Ultimate **Baby** **Checklist**

Congratulations!

There's a lot to think about and prepare when you've got a baby on the way.

This should be an enjoyable time in your life, not a stressful or intimidating one. Save these simple checklists and use them to help you keep track of all the essentials you need before, during and after birth.



For you

These items will keep you comfortable and prepared during your pregnancy.

Tick them off as you go.



For mum to be

- Maternity clothes
- Maternity bras
- Sleeping bras
- Maternity underwear
- Sleepwear
- Pants expander
- Sleep support pillow(s)
- Stretch mark cream or oil
- Comfortable shoes
- Pregnancy journal
- Pregnancy book
- Baby names / Generator (velonacuddles.com)
- Refer safe foods checklist (velonacuddles.com)

Birthplan thoughts:

For the birth

However you plan to give birth, these essentials will help you feel prepared and ready.



For mum

- Hospital bag
- Sleepwear
- Dressing gown
- Slippers
- Maternity pads
- Maternity bras
- Breast pads
- Underwear
- Support pillow(s)
- Breastfeeding support pillow
- Heat pack or hot water bottle
- Face cloth
- Books, magazines, entertainment/music
- Comfortable clothes for going home
- Toiletries (hairbrush, toothpaste, toothbrush)
- Hair dryer
- Tissues
- Massage oil, relaxation products



For baby

- Baby blanket(s)
- Rugs or wraps
- Bodysuits
- Singlets
- Swaddles or sleepsuits
- Dummies or soothers
- Nappy bag
- Cloth nappies
- Velona Cuddles newborn diapers
- Gentle wipes
- Socks, booties
- Beanies, soft hats
- Mittens
- Baby wash
- Capsule baby carrier (0-6 months)
- Convertible car seat (0-4 years)
- Body lotion



For your support person

- Copy of your birth plan
- Blood group card
- insurance card
- Phone charger
- Camera
- Snacks
- towel for bath and shower
- Change of clothes
- List of people to SMS/email



For baby

You'll want to have these essentials sorted before your baby arrives. Tick them off as you go!



Nursery essentials

- Cot/bassinet
- Mattress
- Baby bedding (sheets, blankets, mattress protectors)
- Swaddles or sleeping bags (no hood)
- Playmats or quilts
- Blankets
- Change table and mat
- Nursing chair
- Gentle wipes
- Baby towels
- Baby soap
- Skin barrier cream
- Diaper storage container
- Diaper disposal bin
- Dummies / Soothers
- Baby monitor
- Baby bath
- Feeding pillow
- Car mobile
- Nightlight



Clothing

- Baby Shirts (6)
- Onesies (at least six, short and long sleeved)
- Hats (sunhats and beanies)
- Socks (at least two pairs)
- Bibs (at least two)
- Velona baby vests
- Velona baby suits
- Swaddles X6

Gift registry ideas:

Feeding & Nursing

Feeding is different for everyone, but you can make it more comfortable with a few helpful essentials.



Breastfeeding

- Nursing bras
- Nursing top(s)
- Nipple cream
- Nipple shields
- Bibs and burp cloths
- Nursing pillow
- Breast pads
- Breast pump



Bottle feeding

- Bottles/Teats
- Breast pump
- Breast milk storage bags
- Formula
- Bottle brush
- Bottle warmer
- Bottler carrier
- Bibs and burp cloths
- Steriliser
- Bottle cleaning brush
- Bottle wash



Weaning

- High chair
- Messy mat
- Bowls and cutlery
- Training cups
- Portable feeding set
- Teethers
- Gum massagers
- Toothbrush
- Fresh food feeder
- Portable seat

Feeding log

Travel & Safety

These items will keep your baby safe, happy and well when you're on the go and at home.



Travel

- Pram/stroller
- Pram rain/UV cover
- Baby/convertible car seat
- Portable cot
- Diaper bag (filled with wipes, diapers, nappies, etc.)
- Car window shade
- Car seat and pram toys
- Capsule (0-6 months)
- Rearward facing mirror
- Baby Carrier
- Portable seat



Home safety

- Safety gate(s)
- Cot teething rail
- Window latch
- Wall socket covers
- Power board safety covers
- Cupboard and drawer locks
- First aid kit
- Thermometer
- Corner bumpers
- Stove guard
- Door knob covers



Diaper bag

- Diapers
- Baby wipes and cotton wool balls
- Skin barrier cream
- Portable change mat
- Change of clothes for baby
- Diaper disposal bags
- Hand sanitiser
- Bibs and burp cloths
- Breast pads
- Bottles, formula
- Nipple cream / balm
- Mosquito spray / cream

Books to Read While Pregnant

These books will help you feel more confident & prepared for your baby's arrival.



What to expect when you're expecting

Author : Heidi Murkoff



Feeding the bump

Author : Lisa Neal



Birth skills

Author : Ju Ju Sundin / Sarah Murdoch



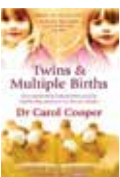
Birth

Author : Catherine Price / Sarah Robinson



Eating for two

Author : Kathleen Gandy



Twins & multiple births

Author : Dr. Carol Cooper

After baby arrives

These books will help you understand your baby's needs & routines better and ensure that both you baby are comfortable & happy.



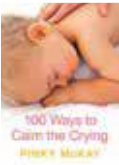
The new contented little baby book

Author : Gina Ford



Complete baby and childcare

Author : Dr. Miriam Stoppard



100 ways to calm the crying

Author : Pinky McKay



No cry sleep solution

Author : Elizabeth Pantley



Save our sleep

Author : Tizzy Hall



What to expect in the first year

Author : Heidi Murkoff



Parenting by heart

Author : Pinky McKay



Weaning & Nutrition

These books cover various approaches you can take when weaning & also have some of our favourite recipes.



New complete baby and toddler meal planner

Author : Annabel Karmel



Allergy safe family food

Author : Susanna Paxton



Baby - led weaning

Author : Gill Rapley

Tracey Murkett



Superfoods for babies and children

Author : Annabel Karmel



What do I feed my baby

Author : Leanne Cooper



What to feed when

Author : Annabel Karmel



Contented little baby book of weaning

Author : Gina Ford



Top 100 baby purees

Author : Annabel Karmel



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