

# Nursery checklist

Use this handy guide to get your baby's nursery set up before they arrive.



## Bassinet

For the first 6 months, your baby should sleep by your side in a bassinet in your bedroom.

## Cot and mattress

The mattress should be firm and fit very snugly. You'll also need a couple of fitted sheets and a waterproof mattress protector. Do not use pillows or quilts.

## Change table

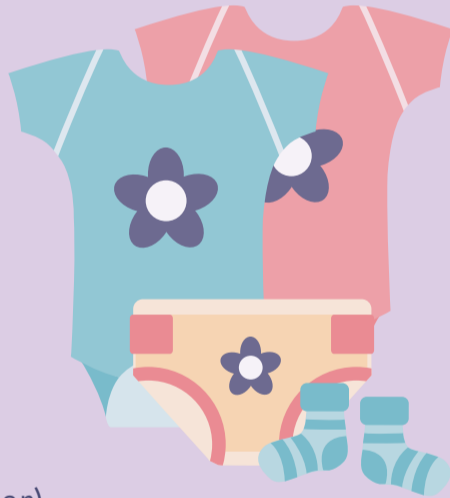
Any firm surface will do for getting your baby changed, but a change table can be really useful to have everything you need stored in the one place and also is usually the ideal height.

## Chest of drawers

It won't take long for you to have a stack of clothes for your baby.

## Clothing and accessories

- 6 jumpsuits (all-in-ones) for the day
- 2 nightdresses or jumpsuits for the night
- 2 cardigans or jackets (for winter) - light wool or cotton
- 6 singlets
- 3 tops
- couple of cotton hats
- few pairs of socks
- sun hat for outside
- 4 sets of cotton sheets (preferably fitted)
- 3 cotton blankets (for winter) or muslin wraps (for summer)



## Other ideas

- night light
- baby monitor
- playmat



## Bath time

- bathtub (or you can use a regular bath or kitchen sink!)
- baby towels (thinner and usually have a hood)
- face washers



## Getting out of the house

- pram
- car seat - properly fitted and to Australian Standard
- nappy bag - stocked with all the essentials
- baby carrier



\* Make sure all baby equipment meets the Australia/New Zealand Standards

Call Pregnancy, Birth and Baby on 1800 882 436 to speak to a maternal child health nurse  
7am to midnight (AEST), 7 days a week