

New Baby & Parent Checklist

Shelly Varelli Holistic Therapy & Birth Services www.shellyvarelli.com

Feeding

- Pure Lanolin
- Nipple shields
- Supplemental Nursing
- Reusable Nursing pads
(cloth and silicone)
- Disposable nursing pads
- Handheld breast pump
- HaaKaa manual pump/saver
- Electric breast pump
- Hands free pumping bra
- Nursing tank tops
- Mesh laundry bag
- Formula (if not pumping)
- Bottle brushes
- Dishwasher basket
- Drying rack
- Sterilizer
- Breast milk storage bags
- Glass bottles w/silicone sleeve
- Nursing Pillow
- Foot stool
- Burp cloths
- Table top high chair for travel
- Sectional plates utensils
- Small cups
- Place mats

Health & Toiletries

- Thermometer
- Digital Otoscope
- Nose Frida
- Laundry soap
- Skin oil or Lotion

Gear for the house

- Baby carrier
- Newborn baby wrap
- Pack n Play with changing table
- Extra Sheets for Pack n Play
- Bouncer
- Swing
- Portable sleeping nest/lounger
- Washable floor mat for baby
- Water filter (if using formula)
- High chair and floor mat
- Baby gates

Gear on the go

- Convertible Car seat
- Stroller with infant car seat
- Extra base for 2nd car
- Car seat cover (cold months)
- Back seat mirror
- Seat mat for clean up
- Backseat organizer
- Diaper bag
- Travel wipes container
- Washable Wet/Dry bag

Nursery Items

- Glider/Rocker
- Changing table
- Wipe warmer
- Hamper
- Organizing baskets
- Baby Monitor
- Sound machine
- Humidifier
- Dresser
- Room darkening shade

Bathing

- Bath seat/tub
- Sink sprayer
- Bath water thermometer
- Kneeling pad or seat
- Hooded towels
- Wash clothes
- Baby friendly soap
- Brush/comb kit
- Nail clippers

Sleeping

- Co-sleeper or Bassinet
- Crib
- Crib mattress
- Mattress pads
- Zip off crib sheets
- Side sleeper wedge
- Sleep sacks
- Swaddles

Diapering

- Cloth diapers
- Disposable diapers
- Cloth wipes
- Diaper covers
- Wet/dry bags
- Diaper sprayer
- Diaper Pail
- Rash cream/ointment
(Zinc free for cloth diapers)
- Butt wipe spray
- Cloth Diaper detergent
- Drying rack

Recommendations & Resources

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Preparing for the newborn

- Car seat ready in vehicle
- Car set safety check
- Infant CPR
- Sleeping plans (safe sleeping/co-sleeping)
- Slings/Wraps for babywearing
- Plans to involve siblings w/newborn care_

Book Recommendations

- Happiest Baby on the Block
- The Vaccine Book -William Sears
- The Baby Book - William Sears
- Nourishing Traditions Baby Book
- No Cry Sleep Solution
- Parenting with Love and Logic
- The Whole-Brain Child
- Secrets of the Baby Whisperer
- First Year Baby Memory Book

Things you might consider

- Postpartum Doula
- Mother's Helper (for other children)
- Newborn Photography
- Postpartum exercise or Yoga class
- Updating Health & Life Insurance policies
- Physical Therapist
- Parenting Classes
- Lactation Consultant (IBCLC)
- Newborn Care Class
- Postpartum Massage Therapist
- Chiropractor
- Naturopath/Osteopath
- Family Counseling
- Breastfeeding support groups
- Pediatric Dentist (for tongue or lip tie revision)
- Pediatrician
- Daycare Providers
- Local Mom's groups

Local Resources

- The Toledo-Lucas County Health Department upholds its commitment to enriching the community by providing valuable Outreach services and programs to the residents of Lucas County: <https://www.lucascountyhealth.com/community-outreach/children-pregnancy/>
- The Mothers' Center of Greater Toledo is a non-profit, grassroots organization dedicated to the needs of mothers: <http://www.motherscenter.net/>
- Holistic Pregnancy and Postpartum Guide ~An online guide to assist expecting and current mamas feel empowered, heal, and thrive. We've got many tools for leading the way to your health in completeness:
<https://www.axiomlux.com/pregnancyandpostpartumguide>

Online Resources

- <https://www.daveramsey.com/blog/cost-of-having-a-baby>
- <https://www.whattoexpect.com/first-year/newborn/>
- <https://www.askdrsears.com/Advice from Dr Sears>
- <https://kellymom.com/>
- www.llli.org

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- It is important to look ahead at what one might need in order to be prepared for breast/chestfeeding.
- Identify Risk factors by going over existing functional anatomy & physiology
 - To a certain extent, we can 'trust' that **our bodies are made to lactate** and meet the nutritional needs of our baby. However, you may want to identify any preexisting conditions that might inhibit milk production or Lactogenesis II:
 - Morbid obesity, Hx PCOS (polycystic ovarian syndrome), history of breast or nipple surgery, Diabetes/GDM, Hypothyroidism, Severe anemia
- Breast exam: identifying breast shape and type of nipples may be helpful.
- Understand the changes in your breasts during pregnancy and lactation.
- Education: How our body makes milk, What is colostrum, How baby gets the milk out of the breast, Baby hunger cues, Positions for feeding, Starting and ending a feeding, duration, and frequency of feeding (supply and demand)
- The importance of self-care: listen to your body (abnormal symptoms/warning signs, normal feelings you may experience, signs of a poor latch, proper hygiene, hydration, and adequate nutrition.
- Secure resources and get additional support if needed: local support groups, classes, parent groups or meetups, find a lactation consultant, evidence-based resources, good books, your local county WIC office for access to healthy food, nutrition education & breastfeeding guidance

- Breast/Chest Feeding research and best practice resources:
- [Kellymom.com](http://kellymom.com)
- Breast/chestfeeding in transgender parents:
<https://kellymom.com/bf/got-milk/transgender-parents-chestbreastfeeding/>
- La Leche League International - www.llli.org
- Low Milk Supply - www.lowmilksupply.org
- Newman Breastfeeding Clinic & Institute - www.breastfeedinginc.ca
- Breastfeeding Central app
- Breastfeeding after reduction: www.bfar.org