

Newborn Checklist

What to handle in the first days and weeks home

Baby's Name _____

Date _____

First 48 Hours Home

- ☐ Car seat installed and rear-facing for the ride home
- ☐ A safe, flat sleep space set up, always on their back, nothing else in the crib
- ☐ Baby registered with the pediatrician's office
- ☐ Feeding routine started, whichever way works for your family

First Two Weeks

- ☐ First pediatrician visit attended, usually within a few days of coming home
- ☐ Umbilical cord stump kept clean and dry until it falls off on its own
- ☐ Diaper and feeding counts tracked to make sure things are on track
- ☐ Visitors and errands kept light while everyone adjusts
- ☐ Your own recovery and rest prioritized, not just the baby's needs

Before the One-Month Mark

- ☐ Birth certificate and Social Security card requested, if not done at the hospital
- ☐ Baby added to your health insurance
- ☐ Second pediatrician visit scheduled, usually around one month
- ☐ A plan in place for returning to work or extending leave, if that applies

Worth remembering. Call your pediatrician anytime you're worried, a fever in a baby under three months old (100.4°F or higher) is always worth a same-day call.