



# BRINGING BABY HOME CHECKLIST



**This checklist highlights the essential items that your partner and baby will need during the first few days after birth.** Before baby arrives, check your partner has everything they need to feel prepared and confident in the early days.

## Items that your partner needs...

- 2-3 comfortable, loose outfits/pajamas
- 5-7 pairs of underwear (high-waisted or disposable)
- 2-3 nursing bras or supportive bras
- 1 box/pack of breast pads
- 1 tube of nipple cream
- 1 peri bottle (often provided by hospital)
- Pain relief medication (as advised by your provider)
- 1 large water bottle
- Small supply of easy, nourishing snacks
- 2-3 pillows for comfort and feeding support
- Phone charger within reach
- Postpartum recovery supplies recommended by your healthcare provider



## Essentials for your Newborn

- 1 Going-home outfit
- 5-7 everyday outfits / onesies
- 4-6 sleepers
- 2-3 pairs of socks or booties
- 2-4 swaddles or receiving blankets
- 1 pack of newborn diapers (30-40 diapers)
- 1 pack of Baby wipes
- 5-8 burp cloths or muslin cloths
- 1 safe sleep space (bassinet, crib, or Moses basket)
- 2-3 fitted sheets for sleep space
- Breastfeeding: nursing pillow (optional) OR  
Bottle feeding: 2-4 bottles to start
- 1-2 pacifiers (optional)
- 1 car seat, properly installed
- Car seat properly installed in the car
- Weather-appropriate clothing (hat, extra layer if needed)



# PARTNER SUPPORT CHEAT SHEET



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## Feeding



**Newborns need to be fed 8-12 times a day. You can help make feeding easier and more comfortable by:**

- Bringing baby to parent when baby shows feeding cues
- Ensuring water and snacks are within reach before feeds begin
- Burping baby after feeds or during pauses
- Helping baby settle after feeding



### Tracking Feeding Times

- ✓ Tracking Feeding Times can help you understand feeding frequency across the day and night and notice patterns.
- ✓ Record the time **each feed starts and finishes**

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## Night Support



**Newborns often sleep in short 2-4 hour bursts. Sharing small tasks in the night can help reduce exhaustion.**

- Bring baby to parent for feeds
- Keep lights low and environment calm
- Help parent get back to sleep quickly
- Track sleep **start & end times** to track patterns and establish a night routine

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## Diapering



**Newborn diapers usually need changing every 2-3 hours or whenever wet or dirty.**

- Check diaper before or after feeds
- Change diaper as soon as it is wet or dirty
- Restock wipes, diapers, and cream
- Prepare clean clothes if needed



### Tracking Wet & Dirty Diapers

- ✓ Tracking diapers can help show whether baby is feeding well and staying hydrated.
- ✓ Note the **date, time, and whether the diaper was wet or dirty to observe daily patterns.**

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## Bathing



**Newborns only need bathing 2-3 times a week. You can help make bath time feel easier by:**

- preparing towel, clothes, and bath supplies
- ensuring the room feels warm and comfortable
- helping gently hold or pass baby safely
- helping dry and dress baby after the bath
- tidying the bath area afterwards

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## Soothing & Settling



**There are several ways to soothe a newborn:**

- hold baby close against your chest
- gently rock, sway or walk with baby
- keep environment calm and quiet
- respond early to tired or unsettled cues

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## Supporting Moms' Recovery



**Help your partner rest through:**

- Preparing meals and drinks
- Helping with household tasks
- Encouraging rest opportunities
- Managing visitors and boundaries
- Noticing when extra support is needed



# FEEDING SUPPORT GUIDE



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## Preparing for Feeds



**Helping prepare the space can make feeds feel more relaxed and comfortable.**

- bring water or snacks before feeds begin
- help position pillows or comfortable seating
- ensure phone, cloths, or supplies are nearby
- help create a calm environment



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## Bringing Baby for Feeds



**Responding early to feeding cues can help feeds feel calmer.**

- Notice early feeding cues
- bring baby to parent promptly
- help position baby safely if needed

## Help with Tracking Feeds

**Tracking can help parents notice patterns in early weeks.**

- note feed start and end times if helpful
- help keep tracker nearby
- support consistent recording if requested

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## Supporting Positioning & Comfort



**Comfort can make feeding easier for both parent and baby.**

- help adjust pillows or seating
- ensure parent feels supported and relaxed
- offer help repositioning if requested

## Support a Calm Feeding Environment



**A calm environment can help reduce stress during feeds.**

- reduce noise or distractions
- help limit interruptions
- support a comfortable feeding space

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## Supporting After Feeds



**Support after feeds can help both baby and parent settle more easily.**

- burp baby if needed
- hold baby upright after feeds
- change diaper if needed
- help baby settle

## Encouragement and Reassurance

✓ **Emotional reassurance can help build confidence.**

- offer encouragement
- remind parent they are doing well
- recognise feeding takes time to feel easier

## Night Feeding Support

**Night support can help reduce exhaustion.**

- bring baby to parent
- change diaper before or after feed
- help baby settle back to sleep
- keep lights low and environment calm



# SHARING NIGHT DUTIES



Newborns usually wake frequently overnight. Planning how night tasks can be shared may help reduce exhaustion and make the early weeks feel more manageable.

**Each family may choose an approach that works best for their needs.**



## Example Approaches Families Use

### Approach 1: Partner handles practical tasks

Partner manages diaper changes and settling, allowing feeding parent to focus on feeding and returning to sleep.

### Approach 2: Taking turns staying awake

Partners alternate who responds first when baby wakes.

### Approach 3: Supporting early night period

One partner manages baby for part of the evening to allow the other to rest.



## Tips for Sharing Night Duties

- discuss roles before night wakes occur
- keep night tasks simple and calm
- adjust roles as needed
- focus on supporting rest where possible

## Example Night Task Split



TASK	PARTNER	MOM
Baby wakes	Check baby first	Continue resting
Diaper change	Change diaper	Prepare to feed
Feeding	Bring baby to Mom	Feed baby
During feed	Bring water or snack	Focus on feeding
After feed	Burp baby, put baby safely down	Rest, return to sleep



**Night duties do not need to be shared equally every night. Small tasks such as diaper changes, settling baby, or preparing the space can help reduce exhaustion and support recovery.**

*Some families find it helpful to adjust roles depending on how the night is going. Flexibility can make night waking feel more manageable for both parents.*

# SETTING UP A SAFE SLEEP SPACE

## Safe Sleep Guidelines



The safest place for your baby to sleep is on their back, in their own flat sleep surface, such as a crib, cot, or bedside bassinet.

### Here's what that means in simple terms:

- **Flat, firm mattress** — no pillows, wedges, or positioners.
- **Fitted sheet only** — keep loose blankets, toys, and bumpers out of the crib.
- **Back to sleep, every sleep** — always place your baby on their back.
- **Room-sharing, never bed-share** - keep baby close to you in the same room for at least the first 6 months.
- **Comfortable temperature** — dress baby in one extra layer than you'd wear, and keep the room between 16–20°C (61–68°F).

**These simple steps reduce the risk of SIDS while giving your baby a secure, predictable sleep space.**

## Making It Cozy



Newborns are comforted by sensations that remind them of the womb; gentle movement, warmth, and rhythmic sounds. You can bring that familiarity into their sleep space safely by:

- **Using white noise** or a heartbeat sound to create a steady, soothing background.
- **Keeping lights dim** at night and brighter during the day to help their body clock develop.
- **Choosing soft, breathable fabrics for sleepwear** — nothing too tight or layered.
- **Keeping the space clutter-free, calm, and consistent.** Babies notice change easily.



## Familiarity Helps

If your baby struggles to settle in their bassinet, you can make it feel more familiar by:

- **Warming the mattress** slightly before laying them down (then removing the heat source).
- **Placing a worn muslin** near (not under) them so they can smell you.
- **Offering a gentle shush, pat, or hand** on their chest while they adjust.

These small touches can make a *big difference*; they remind your baby that they're still close to you, even when they're resting independently.



# MANAGING VISITORS



After your baby arrives, it's important to protect your partner's rest, privacy, and recovery by setting **clear expectations** with visitors from the start. *Below are strategies to help:*

## 1 **Communicate with your Partner**

Align with your partner on your expectations for visitors and support. Let family and friends know in advance about your need for privacy and rest after the baby arrives.

## 2 **Set Specific Visiting Hours**

Establish specific hours during which your visitors are welcome, and try to keep visits short to prevent exhaustion and allow adequate time for rest.

## 3 **Prioritize Immediate Family**

Allow immediate family members to visit first, and space out visits to avoid having too many visits at once.

## 4 **Prepare Tasks for Visitors**

Encourage visitors to help with specific tasks like cooking, cleaning or running errands. Ask close family members to help you with baby care if you feel comfortable.

## 5 **Use Technology for Virtual Visits**

Suggest virtual visits for distant friends and family, and use social media to share updates or photos if you wish.



## **Establishing Boundaries**



**When setting boundaries with visitors, be honest and direct.** Politely explain your need for rest and privacy, ask them to keep visits brief or reschedule, and remember, it's okay to say 'No' without guilt

### **Here are some example boundaries you can use:**

- **Limiting Duration:** "We'd love to have you over, but we're keeping visits short to get enough rest."
- **Postponing Visits:** "We're still adjusting to our new routine. Can we plan a visit next week instead?"
- **Direct but Polite:** "I'm not up for visitors right now as I'm still recovering, but I'd love to see you soon. Can we set a date for next week?"



# BUILDING CONFIDENCE AS A NEW PARENT

## Confidence grows through involvement

**Confidence comes from doing, not waiting until you feel ready.**

- Take responsibility for one daily care task
- Learn through practice and repetition
- Mistakes are part of learning
- Small successes build confidence



**Evidence shows active fathers feel more confident and positively influence child development.**

## Try these bonding techniques regularly to stay connected & involved:

- Hold baby skin-to-skin
- Talk, read or sing
- Make eye contact
- Comfort and settle baby



**Responsive interaction supports emotional security and brain development in newborns.**

## Support your partner & yourself

**Parenting works best as a team.**

- Share baby and household tasks
- Encourage rest for both parents
- Talk openly about how you are coping with your partner, family or friends
- Accept help when offered

Your wellbeing supports the whole family.



## Learn from Trusted Resources

*Seeking guidance from health professionals, parenting programmes, or evidence-based resources increases parenting confidence and reduces anxiety by improving knowledge and practical skills (National Health Service; American Academy of Pediatrics).*



## Learn your baby's cues



Babies communicate through behaviour.

- Rooting or sucking → hungry
- Turning away or yawning → tired
- Crying or tense body → discomfort
- Calm alert face → ready to interact

Learning to recognise and respond to baby cues helps you feel more confident.

## Celebrate Small Wins



Each feed, nappy change, and moment of comfort is part of learning to care for your baby. Noticing these small successes helps build confidence over time.

**Research shows that recognising small achievements strengthens confidence and motivation, helping fathers feel more capable and engaged in their parenting role.**



# NEWBORN DAILY LOG



Use this daily log to track your baby's feeds, sleep, and diaper changes all in one place. Record the time of each feed, sleep periods, and whether diapers are wet or dirty. This can help you notice patterns in your baby's routine and support understanding of their needs during the early weeks.

DATE: \_\_\_\_\_

MEDICATION: \_\_\_\_\_



## DIAPER CHANGES

TIME	DRY	WET	DIRTY
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## FEEDING SCHEDULE

TIME	METHOD	DURATION



## SLEEP SCHEDULE

SLEEP TIME	WAKE TIME	HOURS SLEPT



## NOTES



