

## Getting Ready

# Buy Now, Buy Later, Skip It

The newborn essentials list, sorted by when you actually need each thing. Safety items follow AAP and CPSC guidance.

## Buy now

Have these ready before your due date.

- ☐ Rear-facing infant car seat  
Install it early. A certified car seat technician can check it.
- ☐ Crib, bassinet or play yard  
Meets current CPSC safety standards.
- ☐ Firm, flat mattress + 2-3 fitted sheets  
Nothing else in the sleep space.
- ☐ Wearable blankets (sleep sacks)  
Instead of loose blankets.
- ☐ Diapers (newborn + size 1) and wipes
- ☐ 6-8 bodysuits and sleepers  
Newborn and 0-3 month sizes.
- ☐ Feeding basics  
Bottles and formula, or nursing supplies. Plus burp cloths.
- ☐ Digital thermometer  
Ask your pediatrician which type to use.
- ☐ Baby nail file or clippers
- ☐ A pediatrician chosen  
Not a purchase, but do it before the birth.

## Buy later

Wait until your baby needs it.

- ☐ High chair, spoons and an open cup  
Around 6 months, when solids start.
- ☐ Baby gates and outlet covers  
Before your baby starts to crawl.
- ☐ Convertible car seat  
When your baby outgrows the infant seat limits.
- ☐ Bigger clothes  
Buy as your baby grows.
- ☐ Teething toys  
When teething starts.
- ☐ Toys and activity mats  
A few simple ones are plenty at first.

## Skip it

Not recommended for safety, or simply not needed.

- ☐ Crib bumpers  
Banned for sale in the US since 2022.
- ☐ Inclined sleepers  
Also banned. Babies should sleep flat.
- ☐ Sleep positioners and wedges  
The FDA and AAP advise against them.
- ☐ Pillows, quilts and loose blankets  
Keep the sleep space bare.
- ☐ Weighted sleep sacks or swaddles  
The AAP advises against them.
- ☐ Baby walkers  
The AAP advises against them.