

Checklist: What to Stock Up On *for your first weeks home with baby*

For You

- Extra meals (cook several big dishes in advance and keep in the freezer to reheat at a moment's notice)
- Hand sanitizer (infants are very susceptible to germs)
- Thank you cards (keep a stash of stamps handy, too)
- Gifts for your older child (pre-wrap a bunch of goodies for the older sibling so they don't feel left out when the new baby gets gifts)
- A 4-6 week supply of maxi-pads (Believe it or not, you'll have medium-heavy bleeding/discharge, called "lochia," for several weeks after delivery, regardless of whether you've delivered vaginally or via a C-section. Even if you've used tampons for decades, you should not use them for at least 6 weeks post-delivery.)

For Your Baby

- Breast milk storage bags (if breastfeeding)
- Formula (if formula feeding, you'll be surprised about how fast you'll go through a can!)
- Bottles (have a good supply of 4 oz-sized bottles with the newborn nipple – it's a slower flow)
- Diapers (newborns need to be changed every two to three hours)
- Baby necessities (ointment, baby wash, wipes)
- Burp cloths (use them for feeding, burping, even bathing)

