mum & baby

checklist

Mum-to-be
check list

It's exciting being pregnant, but there are also lots of things to think about and plan. You don't have to buy everything, but these lists may help you to decide.

during pregnancy

- ○ Baby names book
- ○ Maternity bras
- ○ Maternity clothes
- ○ Maternity swimwear
- ○ Maternity underwear
- ○ Nightwear
- ○ Pants expander
- ○ Pregnancy book
- ○ Pregnancy journal
- ○ Pregnancy support belt
- ○ Sleep support pillow
- ○ Stretch mark cream

things to do

- ○ Have a baby shower
- ○ Arrange a baby gift registry
- ○ Prepare for baby's arrival (see our Prepare for Baby checklist)
- ○ Pack for hospital (see our Hospital checklist)

Hospital
check list

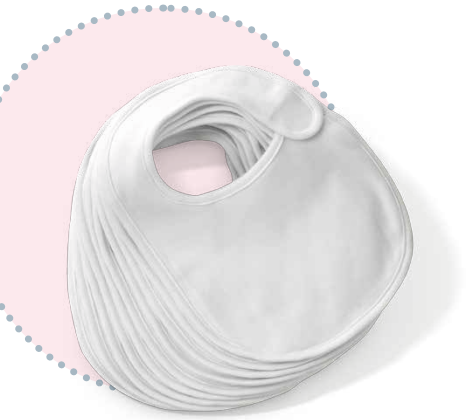
The trick with your hospital bag is not to pack too much. Mixing practical items with a few home comforts can help make you feel ready to face the birth.

for mum

- ◯ Bathrobe
- ◯ Birth plan
- ◯ Books / magazines
- ◯ Breast pads
- ◯ Comfortable day clothes
- ◯ Copy of your birth plan
- ◯ Disposable breast pads
- ◯ Dressing gown
- ◯ Framed family pictures - if you're not a first time mum it will make your other kids feel special when they come to visit new baby brother or sister
- ◯ Hairbrush and hairdryer
- ◯ Heat pack / water bottle
- ◯ Hospital bag
- ◯ iPod / music and charger
- ◯ Lip balm
- ◯ Maternity bras
- ◯ Medicare or health insurance card
- ◯ Nighties/pyjamas
- ◯ Shoes/thongs
- ◯ Slippers or socks
- ◯ Something comfortable to wear during labour
- ◯ Support pillow
- ◯ Thongs
- ◯ Tissues
- ◯ Toiletries - toothbrush, toothpaste, shampoo, conditioner, deodorant, liquid soap, moisturiser and hair bands
- ◯ Towel
- ◯ Underwear
- ◯ Your mobile phone and charger

for dad or your support person

- ◯ Books or magazines
- ◯ Camera/Video camera and charger - to immortalise babies first days
- ◯ Cash for snacks and drinks
- ◯ Extra bags - between freebies from the hospital, and cards and gifts from well-wishers, a couple of extra bags to take home won't go astray



for the baby

- ◯ Baby blanket
- ◯ Baby oil
- ◯ Baby wash
- ◯ Bodysuits
- ◯ Bunny rugs / wraps
- ◯ Capsule (0-6 months)
- ◯ Car seat
- ◯ Cotton wool balls
- ◯ Coverall and Rompers
- ◯ Hat / beanie
- ◯ Muslin wraps
- ◯ Nappies
- ◯ Nappy bag
- ◯ Outfit to take baby home
- ◯ Scratch mittens
- ◯ Singlets
- ◯ Socks / booties

Bringing baby home

check list

Nothing is more special than bringing your newborn baby home. This is why we have created a guide, for all you need to prepare.

Baby Clothes

- ◯ Bodysuit
- ◯ Booties
- ◯ Cardigans
- ◯ Coveralls/rompers
- ◯ Daywear outfits
- ◯ Dressed
- ◯ Hat / beanie
- ◯ Jacket
- ◯ Mittens
- ◯ Pants / leggings sets
- ◯ Shoes
- ◯ Shorts
- ◯ Singlets
- ◯ Sleep suits
- ◯ Sleepwear
- ◯ Socks
- ◯ Tops and t-shirts

Travel

- ◯ Capsule (0-6 months)
- ◯ Car seat toys
- ◯ Car window shade
- ◯ Cocoon
- ◯ Convertible car seat (approx 0-4 years)
- ◯ Extension straps
- ◯ Head support
- ◯ Pram / stroller
- ◯ Pram blanket
- ◯ Pram liner
- ◯ Pram rain cover / UV cover
- ◯ Rearward facing mirror
- ◯ Stroller toys

Nursery

Creating a little bedroom for your baby is definitely one of the more exciting parts of pregnancy and we'll help you to prepare and advise you on what you might need to create the perfect sanctuary for your newborn.

- ◯ Baby monitor
- ◯ Baby sleep book
- ◯ Baby sleeping bags / swaddles
- ◯ Change table and mat
- ◯ Cot / bassinet
- ◯ Dresser / drawers
- ◯ Mattress
- ◯ Mattress protector
- ◯ Musical mobile
- ◯ Nappy stacker
- ◯ Nightlight
- ◯ Nursing chair
- ◯ Blankets
- ◯ Room thermometer
- ◯ Sheets
- ◯ Toy box

Bath time

- ◯ Baby bath
- ◯ Baby brush and comb
- ◯ Baby nail scissors
- ◯ Baby toiletries (shampoo / lotion / talc-free powder)
- ◯ Baby towels
- ◯ Bath thermometer
- ◯ Bath toys
- ◯ Non-slip bath mat
- ◯ Sponge and face cloth

Changing

- ◯ Changing mat
- ◯ Cotton balls
- ◯ Nappies
- ◯ Nappy cream
- ◯ Nappy disposal system and refills
- ◯ Nappy liners
- ◯ Nappy sacks and wipes

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Become a member of our Mum's Hub community and get access to exclusive offers, fun competitions and events and useful advice from experts.

You can stay up-to-date with important product information from Target and our partners, get a chance to road test new products and share your experience and knowledge with other mums.

At Target we are passionate about everything baby!

Whether you are a first time mum or adding to your family, we believe that you don't have to go anywhere else but Target. All babies and mummies are different, and these checklists are designed to give you some ideas and help get you started on your pregnancy journey.