



The Center for New & Expectant Parents

Layette List

Clothes

- 4–6 kimono-style undershirts newborn size
- 4 onesies, 0-3 size
- 8–10 sleepers with feet
and/or convertible gowns
- 2 sweaters or jackets
- 6 pair booties/socks
- Scratch mitts
- 3 drool bibs
- 2–4 hats

Diapering Items

- Cloth and/or disposable diapers
- 2 packs of gauze wipes
- Barrier diaper cream
- Diaper bin and refills
- 6 waterproof lap pads, Chux
- Changing pad and 2–3 covers

Bathing & Health

- 4 wash cloths or natural sponge
- 2–3 hooded bath towels
- Gentle shampoo/ bodywash
- Baby bathtub
- Nail scissors
- Rectal thermometer
- Bulb syringe/nasal aspirator
- Pacifier (optional)
- Infant health & grooming kit
- Sensitive laundry detergent

Travel

- Car seat
- Stroller
- Baby carrier and/or sling/wrap
- Rear-facing car mirror
- Diaper bag & wipes
- Infant head support for car seat
- Car window sun shade
- Travel bed
- Bunting for stroller & car seat

Sleep

- Organic cotton crib mattress
- Waterproof pads:
2 crib size, 2 bassinet size
- 3–4 bassinet and crib sheets
- 3 receiving blankets
- 3 swaddles
- Bassinet or co-sleeper
- Digital monitor
- Air purifier/humidifier
- White-noise maker
- Night light

Breastfeeding

- 2– 3-day nursing bras or tanks
- 1-2 sleep nursing bras
- Nursing pillow
- Glider or rocking chair
- Nursing footstool
- Nursing cover
- 6–8 pairs of washable bra pads
- 1 box of 30 disposable bra pads
- Nipple cream
- New Mother's Essentials
Vitamin & Mineral Supplement™

Bottle feeding/ Pumping

- Breastpump
- Hands-free pumping bustier
- Bottle starter set
- Drying rack
- Bottle brush
- 4–6 burp cloths (cloth diapers)
- Bottle warmer
- Microsteam clean bags

Play

- Mobile
- Baby mirror
- Swing or bouncy seat
- Gymini or baby gym
- Board books