

# Newborn Checklist

Checklist · 27 items · 8 sections

The complete newborn care checklist for the first month. Covers safe sleep, feeding milestones, health visits, warning signs, and must-haves for new parents. Use it after the Pregnancy Checklist and Hospital Bag Checklist. The Baby Registry Checklist tells you what to buy ahead of time, and a Birth Plan Checklist documents your preferences for the delivery itself.

Open the editable, AI-powered version online:

<https://genechecklist.com/checklist/newborn-checklist>

## IMMEDIATE (FIRST 48 HOURS)

- Add baby to health insurance within 30 days of birth  
**HIGH**  
*Most plans give 30-60 days: missing the window leaves baby uninsured*
- Apply for a Social Security number: hospital often handles this with birth registration  
**HIGH**
- Register birth: hospital files with state; obtain certified birth certificate  
**HIGH**
- Contact HR to start parental leave and update W-4 for new dependent  
**HIGH**

## HEALTH VISITS

- First pediatrician appointment within 3-5 days of discharge  
**HIGH**
- 2-week well-baby visit: weight check and jaundice follow-up  
**HIGH**
- 1-month well-baby visit: developmental milestones and first vaccines  
**HIGH**
- Newborn hearing screening (usually done at hospital before discharge)  
**HIGH**
- Newborn metabolic screening (heel stick blood test at hospital)  
**HIGH**

## SAFE SLEEP (AAP GUIDELINES)

- Baby sleeps alone, on back, on firm flat mattress: no pillows, bumpers, or loose blankets  
**HIGH**

*Room-sharing (not bed-sharing) for at least 6 months reduces SIDS risk by 50%*

- Crib or bassinet in parent's room for first 6 months

HIGH

- Use a sleep sack instead of blankets

HIGH

- No bed-sharing: especially important if parent is sleep-deprived, used alcohol, or takes sedating medication

HIGH

## FEEDING

- Newborns feed 8-12 times per day: track feedings in an app or journal

HIGH

*Breastfed babies: every 1.5-3 hours. Formula-fed: every 2-4 hours*

- Track wet and dirty diapers: 6+ wet diapers per day by day 4 indicates good intake

HIGH

- If breastfeeding: see lactation consultant if any difficulty in first week

HIGH

- Vitamin D supplement for breastfed babies (400 IU daily: breastmilk lacks Vitamin D)

HIGH

## WARNING SIGNS (CALL DOCTOR)

- Watch for jaundice: yellow skin or eyes, especially in first week

HIGH

- Call doctor if temperature over 100.4°F rectally in first 3 months: this is an emergency

HIGH

*Any fever in a newborn under 3 months requires an immediate ER visit: do not wait*

- Call doctor if baby is not back to birth weight by 2 weeks

HIGH

- Call doctor if less than 6 wet diapers per day after day 4

HIGH

## SUPPLIES CHECK

- Rectal thermometer in medicine kit for accurate newborn temperature readings

HIGH

- Nasal aspirator (Frida NoseFrida): newborns can only breathe through nose

HIGH

- Infant car seat: installed correctly before leaving hospital

HIGH

## POSTPARTUM CARE

- Mom's postpartum appointment scheduled (typically 4-6 weeks after birth)

HIGH

- Watch for signs of postpartum depression: sadness, anxiety, difficulty bonding lasting 2+ weeks

**HIGH**

*PPD affects 1 in 7 mothers and is treatable: do not wait to ask for help*

## **SUPPORT**

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- Accept help: meals, laundry, errands. Ask specifically; people want to help but won't know how