

Hospital Bag, Safe Sleep & First Days Home

Everything to prepare before and right after your baby arrives.

Hospital Bag Essentials

- Going-home outfit (weather-appropriate, size newborn and 0-3mo)
- Swaddle blankets or sleep sack
- Diapers and wipes (hospital usually provides some, but pack extra)
- Car seat, installed and inspected before due date
- Nursing cover or bottles/formula if not breastfeeding
- Going-home outfit and comfortable clothes for yourself
- Phone charger and camera
- Important documents (ID, insurance/health card, birth plan if any)

Safe Sleep Setup

- Firm, flat crib or bassinet mattress with fitted sheet only
- No pillows, blankets, bumpers, or soft toys in the sleep space
- Baby sleeps on their back, every sleep, every time
- Room temperature kept comfortable (not too hot)
- Sleep space in parents' room for at least the first few months

First Days Home

- Pediatrician contact saved and first check-up scheduled
- Feeding routine established (breastfeeding support or formula ready)
- Diapering supplies stocked and easily accessible
- Umbilical cord care routine understood
- Support system arranged (partner, family, or help for the first weeks)
- Rest whenever possible — sleep when the baby sleeps

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This checklist is general guidance only and does not replace advice from your pediatrician or healthcare provider. Always consult a doctor for concerns specific to your baby.