BABY NAME MATCH · FREE PRINTABLE

Baby Prep Checklist

Trimester by trimester, plus the hospital bag, a registry list, and how to pick a name. Tick as you go.

First trimester (weeks 1–13)

- ☐ Choose your prenatal care provider, if you haven't yet, and write down your questions for each visit
- ☐ Read your health insurance plan's maternity and newborn coverage
- ☐ Look up your employer's leave policy and whether you're eligible for FMLA leave (U.S.)
- ☐ Start a simple baby budget: one-time costs and monthly costs
- ☐ Decide who you'll tell, and when

Second trimester (weeks 14–27)

- ☐ Start your registry (checklist on the next page)
- ☐ Research childcare options and waitlists, if you'll need care
- ☐ Plan where the baby will sleep: a crib, bassinet or play yard that meets CPSC safety standards
- ☐ Ask your provider about childbirth and infant-care classes
- ☐ Start a name shortlist (tips on the next page)
- ☐ Write a letter to your baby (optional, and lovely later)

Third trimester (weeks 28–40)

- ☐ Install the car seat and have it checked by a certified Child Passenger Safety Technician
- ☐ Pack the hospital or birth-center bag by about week 36
- ☐ Wash a first round of baby clothes and sheets
- ☐ Choose a pediatrician and ask whether they're taking new patients
- ☐ Write down your birth preferences and talk them through with your provider
- ☐ Stock the freezer with easy meals; line up help for the first two weeks
- ☐ Check any secondhand gear against CPSC recalls

After baby arrives

- ☐ Add the baby to your health insurance within the plan's deadline (often 30 days; check yours)
- ☐ Request the birth certificate and Social Security number (usually started at the hospital)
- ☐ Book the first pediatrician visit
- ☐ Accept help. Write thank-you notes later (or never)

Hospital bag (pack by about week 36)

- ☐ Photo ID, insurance card, any paperwork your provider asked for
- ☐ Phone, long charging cable
- ☐ Comfortable clothes to go home in, for you
- ☐ Toiletries, lip balm, hair ties
- ☐ Going-home outfit for the baby, in two sizes
- ☐ Installed car seat (they'll want to see it before you leave)

- ☐ Snacks and a water bottle
- ☐ Pillow from home, in a colored pillowcase

Registry checklist

Sleep

- ☐ Crib, bassinet or play yard that meets CPSC standards
- ☐ Firm mattress made for that crib, tight fit
- ☐ 2–3 fitted sheets
- ☐ Wearable blankets / sleep sacks (no loose blankets in the crib)
- ☐ White noise machine (optional)

Feeding

- ☐ Bottles and nipples (start with a few; babies have opinions)
- ☐ Bottle brush and drying rack
- ☐ Burp cloths (lots)
- ☐ Nursing pillow, for awake feeding only
- ☐ Breast pump (check what your insurance covers)
- ☐ High chair (for later)

Diapering

- ☐ Diapers in newborn and size 1
- ☐ Wipes
- ☐ Diaper cream
- ☐ Changing pad + 2 covers
- ☐ Diaper bag

Getting around

- ☐ Rear-facing infant or convertible car seat
- ☐ Stroller (check it works with your car seat, if you want a travel system)
- ☐ Baby carrier or wrap

Clothes

- ☐ 6–8 bodysuits in newborn and 0–3 months
- ☐ 6–8 sleepers with zippers (2 a.m. you will thank you)
- ☐ Socks, hats, a few soft pants
- ☐ Season-right outer layer

Bath and care

- ☐ Baby bathtub
- ☐ Soft washcloths and hooded towels
- ☐ Gentle baby wash
- ☐ Nail clippers or file
- ☐ Thermometer (ask your pediatrician which type)
- ☐ Nasal aspirator

For the parents

- ☐ Meal delivery gift cards
- ☐ Freezer meals sign-up
- ☐ A good water bottle
- ☐ Night light
- ☐ Hours of help (yes, you can register for this)

Leave these off the list. Crib bumpers, pillows, loose blankets and positioners in the crib, and inclined sleepers. The AAP advises nothing in the sleep space but a fitted sheet. Check secondhand gear against CPSC recalls.

How to pick a name you'll still love

1. Say the full name out loud with your last name, ten times, as if you're calling it across a playground
2. Write the initials. Check they don't spell something you'll regret

3. Think of every nickname, including the ones kids will invent
4. Check how popular it is: the Social Security Administration publishes the top names every year
5. Search the full name online, just to see what comes up
6. Try it on for a week: use it when you talk about the baby at home
7. Keep the shortlist private until you're sure, if outside opinions will sway you

Two of you, two lists? Baby Name Match shows only the names you both like. Use the free swipe tool on this site; swipes stay on your device.

General planning checklist, not medical advice. Ask your doctor or midwife about anything health-related. © 2026 Baby Name Match. Free for personal use.