Before baby

Your getting-ready list

A planning aid, not a medical checklist. Read the linked guides for context and follow your individual care plan.

A bag for you, baby and support

getnovababy.com/parents/hospital-bag/

- ☐ Check what your maternity unit provides.
- ☐ Pack your notes and recovery basics.
- ☐ Prepare baby clothes and nappies.

Buy for the job, not the nursery

getnovababy.com/parents/baby-essentials/

- ☐ Prepare one suitable sleep space.
- ☐ Choose simple clothes and a laundry plan.
- ☐ Set up a small changing kit.

A safer sleep space

getnovababy.com/parents/safe-sleep/

- ☐ Check the cot is clear.
- ☐ Check the mattress is firm, flat and fits.
- ☐ Keep your baby's environment smoke-free.

Notes

All guides

getnovababy.com/parents/getting-ready/

Sources: NHS Best Start in Life / NHS / NHS Healthier Together / The Lullaby Trust
UK guidance / Sources checked 1 November 2026
Not independently reviewed by a clinician. Full source details are in each linked guide.

First days

Your getting-ready list

A planning aid, not a medical checklist. Read the linked guides for context and follow your individual care plan.

The first week, made smaller

getnovababy.com/parents/first-week-home/

- ☐ Save maternity, GP and urgent-care contacts.
- ☐ Confirm the next visit or appointment.
- ☐ Set up the sleep and changing spaces.

Little signs they want a feed

getnovababy.com/parents/feeding-cues/

- ☐ Watch for a cue before the next feed.
- ☐ Keep a feeding-support contact handy.
- ☐ Ask someone to demonstrate if you are unsure.

The nappy notes that help

getnovababy.com/parents/newborn-nappies/

- ☐ Agree where carers will note changes.
- ☐ Prepare the changing area before starting.
- ☐ Ask your midwife what is expected at your baby's age.

The first checks, on one timeline

getnovababy.com/parents/newborn-checks/

- ☐ Confirm whether the first examination happened.
- ☐ Ask about the blood spot appointment and results.
- ☐ Find out where hearing screening will take place.

Notes

All guides

getnovababy.com/parents/getting-ready/

Sources: NHS / NHS Best Start in Life / NHS Healthier Together / UNICEF UK Baby Friendly Initiative
UK guidance / Sources checked 1 November 2026
Not independently reviewed by a clinician. Full source details are in each linked guide.

Finding a rhythm

Your getting-ready list

A planning aid, not a medical checklist. Read the linked guides for context and follow your individual care plan.

Pass the night on, clearly

getnovababy.com/parents/night-shift-handover/

- ☐ Agree tonight's jobs and backup person.
- ☐ Point out the written care plan, if there is one.
- ☐ Record the last feed and change if useful.

You belong in the care plan too

getnovababy.com/parents/parent-wellbeing/

- ☐ Save a trusted person's number.
- ☐ Write one sentence about how you feel.
- ☐ Ask for one specific practical task.

Notes

All guides

getnovababy.com/parents/getting-ready/

Sources: NHS / The Lullaby Trust
UK guidance / Sources checked 1 November 2026
Not independently reviewed by a clinician. Full source details are in each linked guide.