



# New Parent Starter Pack

A simple checklist for the first month  
— baby-safe, parent-approved.

## Sleep Essentials

- Safe crib or bassinet (CSA-approved)
- 2-3 fitted sheets
- Wearable sleep sacks

## Bath & Care

- Mild baby wash, soft towels
- Soft brush / comb
- Thermometer & nail file

## Feeding & Bottles

- Bottles (anti-colic, 4-8 oz)
- Slow-flow nipples
- Sterilizer or boiling method

## On-the-Go

- Car seat (installed correctly)
- Diaper bag basics (spare outfit, burp cloths)

## Diapering

- Diapers (trial packs), wipes (fragrance-free)
- Diaper cream (zinc-based)
- Changing pad + disposable bags

## Clothing

- Onesies / bodysuits
- Sleepers / Footed Pajamas
- Pants / Leggings
- Swaddles / Blankets
- Socks & Mittens

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## Five quick tips for smoother first weeks

- Start with one new product at a time to spot sensitivities.
- For colic, try angled bottles and frequent burping breaks.
- Keep a go-bag by the door (diapers, wipes, onesie, swaddle).
- Use fragrance-free and hypoallergenic products for skin.
- Batch-wash baby items on gentle cycle; air-dry when possible.

### Read More:

- Best Natural Diaper Rash Creams (Canada)
- Best Bottles for Colic & Gas