

BABY PREP CHECKLIST

Here are some key things to talk through with your partner or support team before baby arrives. Don't worry about getting everything perfect—just think ahead about what might work best for your family.

Home & Support Setup



- Decide where you'll be staying during the *confinement* or early recovery period.
- Plan where baby will sleep: co-sleeping, in a cot, same room or separate room?
- Will you have a *confinement nanny*, helper, or support from mum/mother-in-law? Consider whether a confinement centre is an option.
- Think about what kind of help you'll need: day shifts, night shifts, or general all-day support.

Meals & Daily Living



- Who will cook? You could consider confinement food catering or nutritious *tingkat* meal services.
- Who will handle laundry? Maybe a laundry shop downstairs or a pick-up/drop-off laundry service for bigger loads.
- Consider hiring a part-time helper, at least for the first 4–8 weeks, to manage basic household chores.

Medium-Term Planning



- When mum returns to work, what's the plan for baby care? Options include:
- A live-in helper
- Infant care centre
- Grandparents
- A nanny

Baby Essentials



- Stroller/Pram (newborn-friendly; hand-me-downs are totally fine!)
- Car Seat (suitable for newborns; secondhand is okay if it's still in good condition)
- Baby Carrier or Wrap (choose what feels comfortable for you)
- Milk Bottles – 3 bottles with newborn teats (0+); common supermarket brands work well
- Infant Formula – A small can or free samples from baby fairs just in case
- Steriliser – Steam, microwave, or UV; all work, choose what suits you
- Newborn Diapers – Have at least one big pack ready
- Newborn Clothes/Swaddles – 0–3 months size; hand-me-downs are great
- Milk Catcher – For passive milk collection (e.g., Haakaa pump)
- Breast Pump – Optional; choose between a traditional or hands-free model based on your needs

A Gentle Note

This checklist is *not exhaustive*—every family's needs are different, and what works for one may not work for another. For a more comprehensive look at preparing for parenthood, check out these trusted Singapore-based resources:



- Mother & Child Singapore – Antenatal and Postnatal Resources
- HealthHub Singapore – Pregnancy and Parenting Info
- KK Women's and Children's Hospital – Pregnancy & Parenting Resources
- Babes Pregnancy Crisis Support – Especially for younger or unplanned pregnancy support– Especially for younger or unplanned pregnancy support

Emotional & Mental Wellbeing Support

Parenthood isn't just about checklists—your mental and emotional wellness matters too.

✨ **Clarity Singapore offers counselling and resources for mothers navigating the ups and downs of pregnancy and postpartum life.**

💬 **Scan the QR code below to browse our maternal mental health podcast series:**



You are not alone—support is always available. 🧡