

MY “GOING OUT” PLAN

I've put together a concise and practical checklist of things to prepare for your baby's first outings, focusing on immediate postpartum needs.

And a template to help you create your own list.

Golden Rule: The first outings should be short, simple, and stress-free. The goal is to get used to it, not to do a month's grocery shopping!

Examples: for baby

Catergories	Items to prepare	Special Notes
Travel	• Properly installed and approved car seat (infant carrier) • Extra clothes (in case of spit-up or leaks) • Weather-appropriate blanket or baby nest	Adapt to the conditions: Lightweight clothing in summer, several thin layers in winter. Don't overheat the baby!
The Change	• Diapers (enough, buy plenty) • Portable changing mat • Wipes or cotton balls/liniment • Small plastic bag for soiled diapers	Organization: Prepare a small "change kit" ready to slip into your bag
Food	• Breastfeeding: ◦ Nursing pads, ◦ water bottle for mom, ◦ nursing scarf/clothing if desired • Bottle-feeding: Prepared milk or water and powdered milk, ◦ sterile bottles, ◦ insulated water bottle (for hot water if needed)	Implicit: For short outings, one meal should suffice, but always bring the essentials.
Comfort	• Pacifier (if used) • Comfort blanket/toy • Baby carrier or sling (for skin-to-skin contact when out and about)	Soothing: Having a baby carrier solution allows you to quickly calm your baby if they are agitated.



Examples: for mom

Catergories	Items to prepare	Special Notes
Comfort and care	• Spare postpartum sanitary pads (for lochia) • Comfortable clothing (loose-fitting, easy to remove, or suitable for breastfeeding) • Nipple cream (if breastfeeding)	Prioritize well-being: Do not wear clothes that are too tight or uncomfortable around the stomach (scars or pain).
Hydration	• Water bottle! (Breastfeeding increases thirst) • Small snacks (cereal bars, dried fruit, etc.)	Energy: Postpartum fatigue, make sure you have plenty of hydration and snacks available.

Examples: The Administrative Tasks (Never forget them)

Catergories	Items to prepare	Special Notes
Important documents	• Health record • Health insurance card and supplemental insurance card • Parents' identification documents	Anticipation: In case of unforeseen events or routine visits, you'll have everything you need at hand.



Baby checklist

[illegible]

Mom checklist

[illegible]

Administrative Tasks checklist

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