Nursery Plan

Everything for a safe, cosy and actually usable room. Tick what you have, circle what you still need.

ROOM _____ DUE DATE _____ SHARING WITH _____ BUDGET, IF YOU HAVE ONE _____

SLEEP SPACE

- [ ] Cot, crib or Moses basket
- [ ] Firm, flat, waterproof mattress
- [ ] Two or three fitted sheets
- [ ] Sleep bags or light blankets
- [ ] Room thermometer
- [ ] Blackout blind or lining

NAPPY CHANGING

- [ ] Changing mat, on a low surface
- [ ] Nappies, newborn and size one
- [ ] Wipes or cotton wool and water
- [ ] Bin with a lid
- [ ] Barrier cream
- [ ] Muslins, more than you think

FEEDING CORNER

- [ ] A chair with arms you can doze in
- [ ] Cushion, and a footstool
- [ ] Small table within arm reach
- [ ] Lamp you can switch on one handed
- [ ] Water bottle and a snack
- [ ] Somewhere to put your phone down

CLOTHES AND STORAGE

- [ ] Drawers or shelves
- [ ] Vests and sleepsuits, newborn
- [ ] The same again in nought to three
- [ ] Laundry basket
- [ ] Somewhere for outgrown clothes
- [ ] Spare bedding, near the cot

LIGHT, SOUND AND AIR

- [ ] Dim night light, not a bright one
- [ ] Blackout at the window
- [ ] Thermometer where you can see it
- [ ] Heater or fan, away from the cot
- [ ] White noise, if you use it
- [ ] A way to air the room

COSY EXTRAS

- [ ] Rug you can sit on the floor with
- [ ] Something soft on the walls
- [ ] Books, even for a newborn
- [ ] A photo or two
- [ ] Basket for the toys that arrive
- [ ] A shelf for your cup of tea

Before you buy anything else

Your baby will sleep in your room for the first six months, so the nursery does not need to be finished before they arrive.
A chair, somewhere to change a nappy and somewhere to put clothes will get you a long way. The rest can wait until you know what you use.

Safe and Cosy Check

Do this bit once, properly, before the room is in use. Then you can stop thinking about it.

SAFER SLEEP, THE SEVEN THAT MATTER

- [ ] On their back, for every sleep, naps included
- [ ] A clear cot: no pillows, duvets, bumpers or toys
- [ ] No pods, nests, wedges or rolled towels
- [ ] Firm, flat, waterproof mattress that fits snugly
- [ ] Feet at the foot of the cot, bedding no higher than the shoulders
- [ ] Room between 16 and 20 degrees, checked with a thermometer
- [ ] In your room for the first six months, and a smoke free home

AROUND THE ROOM

- [ ] Blind cords tied up, out of reach
- [ ] Cot away from window and radiator
- [ ] Nothing hanging above the cot
- [ ] Furniture anchored to the wall
- [ ] Monitor cable well away from the cot
- [ ] Sockets and cables covered
- [ ] Smoke alarm working on that floor

SECOND HAND, YES BUT

- [ ] Cot: check for a safety standard label
- [ ] Cot: all parts present, nothing wobbly
- [ ] Mattress: new for each baby if you can
- [ ] If reused: firm, flat, no tears, clean cover
- [ ] Blind: choose one with no looped cord
- [ ] Pods, nests and bumpers: no, at any price

THE WEEK BEFORE

- [ ] Wash and air everything new
- [ ] Cot built and mattress in
- [ ] Nappies and wipes where you can reach
- [ ] A change of everything, packed in the bag
- [ ] Bin emptied, floor clear
- [ ] Chair in place, lamp plugged in

STILL TO SORT

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

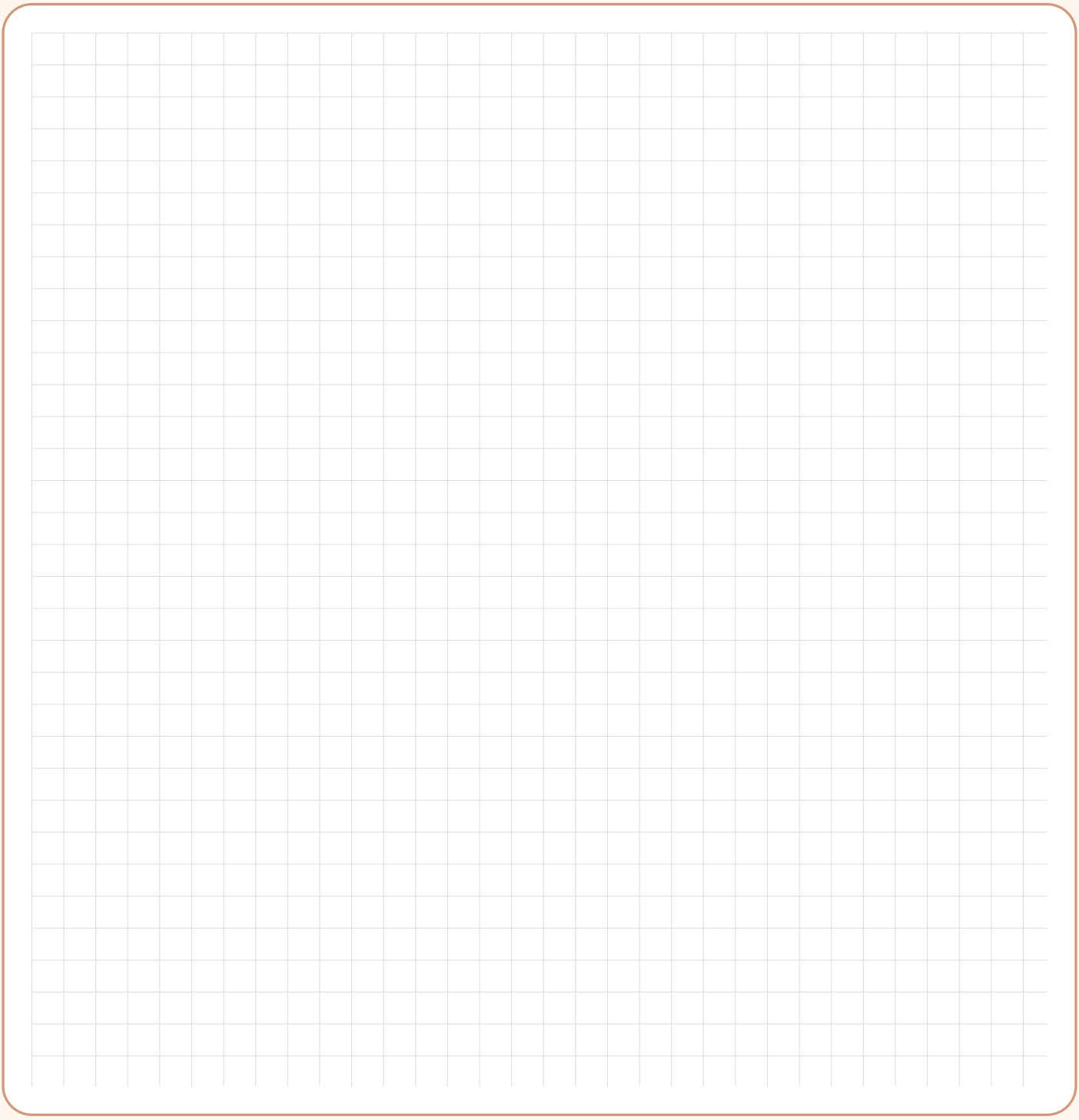
The safer sleep advice here follows The Lullaby Trust and the NHS, checked in August 2026.
It is general information rather than advice about your baby. Your midwife and health visitor know your family, and lullabytrust.org.uk runs a free information line if you have a question about your own setup.

Plan the Layout

One square is roughly 20cm. Draw the room first, then the furniture. Far easier than moving a wardrobe twice.

Door | Window | Radiator | Socket | Light switch | Cot

Mark these first. The cot goes wherever is left, away from the window, the radiator, the curtains and any cord.



Three things worth checking before anything is screwed to a wall

Can you open the door fully without hitting the cot, and get to the baby from both sides if you need to?
Is the cot clear of the window, the radiator, the curtains, any blind cord and any shelf above it?
Can you reach the light and a nappy without standing up, from wherever you will be sitting at three in the morning?

One square is about 20cm