

The Ultimate Guide To Preparing Your House For Newborn Baby

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Abstract

Preparing your home for the arrival of a newborn baby is an exciting yet overwhelming task that requires thoughtful planning and organization. This guide provides a comprehensive overview of the essential steps to create a safe, comfortable, and welcoming environment for your baby. It covers key areas such as setting up a nursery, baby-proofing the house, choosing the right furniture and essentials, and maintaining a hygienic and healthy home. Practical tips for managing clutter, organizing baby supplies, and preparing emotionally and financially for the baby's arrival are also included. This guide serves as a helpful resource for expectant parents to ensure their home is ready for this joyful new chapter.



1. Introduction

The arrival of a newborn baby is one of the most joyous and transformative milestones in life. As you prepare to welcome your little one, it's essential to create a safe, nurturing, and organized home environment. From setting up a cozy nursery to baby-proofing the living space, every detail matters to ensure your baby's safety and comfort. Preparing your house also means addressing practical concerns, such as organizing baby essentials in , creating feeding and sleeping areas, and maintaining a hygienic space. This guide is designed to help expectant parents navigate the preparations with ease and confidence. Whether you're a first-time parent or expanding your family, this comprehensive guide offers step-by-step advice, practical tips, and checklists to ensure your home is ready for your newborn. By taking the time to prepare, you can focus on cherishing those precious first moments with your baby, knowing your home is ready for this exciting new chapter.

2. Things To Know About Newborn Babies



The ultimate newborn baby checklist can help you determine what you'll need to purchase and prepare as you get ready for baby's birth.

What you'll need to have on hand for the early days with your newborn. We listed some of our favorite newborn checklist essentials for you to stock up on. Make sure you sign up for a free Amazon Baby Registry so friends and family can help set your new bundle up with all the basics.

Feeding

If you're breastfeeding, there aren't quite as many items on your checklist for newborns, though there are plenty of items that you may like.

Some nursing mothers like to have these items:

Lots of bibs: These easy-to-wash muslin drool bibs are a winner.

Burp cloths: Save your money—these budget-friendly muslin burp cloths are literally for spit-up, puke and burps.

Electric breast pump: This Medela hands-free pump is a modern marvel you won't want to live without.

Milk storage containers: Here are some essential safety tips on storing breastmilk.

Nursing pillow: Each genius My Brest Friend nursing pillow is crafted with better posture and added comfort in mind.

Nursing bras: if buying before the baby is born, buy one cup size larger than your pregnant bra size. We love these bras from Canadian-owned Embrace.

Breast pads: Choose disposable or washable. We love these organic, washable nursing pads.

Lotion for sore nipples: Try this Green Forest Lady organic nipple balm to soothe and protect.

Lactation aids: If you're nervous about breastmilk quantities, try adding this brewer's yeast for lactation to a smoothie, cookies or other snacks.

Diapering:



If you are using reusable cloth diapers:

Several dozen cloth or re-usable diapers: These 10-packs of plain white cloth diapers are a good start.

8 waterproof covers: Try decorative, memorable designs like these easily-snapped diaper covers.

Changing pad: This affordable waterproof changing pad secures easily to changing tables and dressers.

Baby ointment or barrier cream to prevent rash: Try this large jar of Aquaphor or the ever-popular Tubby Todd All-over Ointment.

Snaps, Velcro or safety pins to secure reusable diapers

Disposable wipes or washcloths for cleaning baby's bottom: This 72-pack of sensitive skin wipes should last you through the first few months. We also love these Terra Bamboo baby wipes made from 100% Biodegradable FSC Certified Bamboo Fibre.

If you are using disposable diapers:

Two boxes of newborn-size diapers: It's better not to buy too many in advance in case your baby is large or grows quickly. We like these Swaddlers and these newborn diapers that offer leak protection. Diapers, wipes and other baby items should top your personal newborn checklist.

Changing pad: Try this waterproof changing pad.

Baby ointment or another barrier cream to prevent rash: Doctor-approved Aquaphor is a good choice.

Disposable wipes or washcloths for cleaning baby's bottom: Again, this 72-pack of sensitive skin wipes should last you a while. We also love these Terra Bamboo baby wipes made from 100% Biodegradable FSC Certified Bamboo Fibre.

Clothing

8 undershirts or onesies (mix of short-sleeve and long-sleeve): These organic cotton bodysuits are a good choice.

5 nightgowns (for use until the cord falls off): Buy neutral, easy-to-wash gowns from Carter's for about \$5 each.

8 one-piece stretchy sleepers: Go for ones with zippers; new moms swear by them! We like bamboo-based Gunamuma sleepers. Make sure you have these on hand as you near your due date.

5 pairs of pants: Buy them in curated multipacks like this set from Carter's.

2 newborn hats: We love these with little teddy-style ears. They easily match most baby clothes.

8 pairs of socks or booties, to wear with nightgowns and outfits: These fleece booties snap closed and come in plenty of colors.

2 pairs of scratch mittens, to keep baby from scratching his face: These are especially useful for preemies and the first month. Try same-color multipack to minimize unmatched pairs.

2 cardigans or jackets, more in winter: This top-rated duo of cardigans is gender-neutral and easy to wash.

Bunting bag or snowsuit for winter baby: A popular option is this trendy metallic bunting bag with nearly-perfect reviews.

Laundry detergent for infants: This fragrance-free and dye-free detergent from Babyganics is a winner.

4 outfits for dressing up (optional): This one comes with matching scratch mittens and a little hat.

Blankets



3 large cotton blankets: These Burt's Bees blankets are made of organic cotton and are easy to machine wash.

8 receiving blankets: They also make handy burp cloths, which is why affordable options are best. We like these unisex cotton flannel receiving blankets that cost about \$2 each. Budget-friendly pricing makes this one of our favorite newborn checklist items.

Bathtime

1 plastic infant tub. You can also use a large dishpan in the sink, or take baby in the bath with you, but we like the safety of this supportive infant tub. Read our guide to the best baby bathtub picks.

12 washcloths, not used on baby's bottom

Baby soap or cleanser: This all-natural, calming lavender baby soap for sensitive skin is Today's Parent-approved.

Baby soft-bristled hair brush: This Safety 1st soft brush is one of the most affordable items on the newborn checklist.

3 soft-hooded towels: Wrap them in cuteness! This organic bamboo-based hooded towel is a bestseller and is only about \$13.

Bedtime

If you are using a crib:

Approved crib and crib mattress: Before you move to a kids' mattress, you'll need a crib mattress. We love the breathable, washable Newton crib mattress and the Halo DreamWeave. Read our guide to the best crib mattress options on the market.

3 waterproof mattress covers: This just may be one of the most important additions to the newborn checklist. If you're spending money on a mattress, you'll want to keep it in top shape. Consider these waterproof mattress covers.

4 fitted cribsheets: This four-pack of bestselling crib sheets is under \$30 and gender-neutral. We also love the Lulujo Muslin Crib Sheets that come in tons of cute patterns and are designed to get a snug fit to your crib mattress

Sleep sack: These Gunamuna sleep sacks are made of cozy, all-natural bamboo and are a cinch to clean. Or opt for these Cocoon Swaddle Bags from ergoPouch available in lots of colours and TOG weights.

Baby monitor: Ease some postnatal anxiety by investing in a good baby video monitor. This Nanit Pro Smart Baby Monitor comes with its own floor stand and a host of monitoring features such as two-way audio, sound and motion alerts, night vision and temperature and humidity tracking.

If you are co-sleeping:

Firm mattress: Don't have already have one on hand? Consider making the switch to an affordable parent-approved favorite like the Zinus memory foam mattress that ships right to your door and costs less than \$500 for a king size. It's also CertiPUR-certified, so you can feel good about it growing with your family.

4 fitted cribsheets: Opt for this pack of bestselling crib sheets.

3 waterproof pads to place under baby: You'll use this set of waterproof bed pads well through the days of potty training.

Light comforter (keep away from baby's head)

Sleep sack: Again, the baby sleep sacks are a fuss-free win.

3. Newborn Checklist: What You Need Before Baby Arrives



Here are a few basics you need to know about sleep, feeding, and daily care for newborn babies.

For such tiny bundles, newborn babies can come with some big challenges. That's to be expected because newborn babies experience an intense period of growth and development in their first few months of life.¹ It's a lot of work for both you and your newborn to establish sleeping, eating, and communication patterns.

While you'll undoubtedly have questions along the way, we're here to help prepare you on what to expect when caring for newborn babies. Start with this expert guide to understand your new baby and promote healthy sleep, feeding, skincare, and more.

Your Newborn May Look a Little Funny

Here's the truth: Your baby's face may be smushed from the journey through the birth canal. Their heads may be cone-shaped, especially if they "dropped" into your birth canal well before delivery or endured a long labor.

Newborn babies can also sport a "bodysuit" of fine hair called lanugo or a coating called vernix, especially if they arrived a little early. These newborn characteristics are all normal—and, usually, temporary. Enjoy their special and precious "birthday" appearance!

You'll Have To Wait for Smiles

Your baby's first smile will probably light up your life around the 2-month mark.³ Up until then, you're working for a pretty demanding boss. To get through the exhaustion and emotional upheaval, keep this in mind: Your efforts in those early days aren't lost on your baby.

"Your baby feels comforted by you, they do feel attachment, and they do like to be held," says Los Angeles-based pediatrician Christopher Tolcher, MD. Plus, there is plenty of bonding and developing going on internally, even if you have to wait a few months to see it.

You'll Also Have To Wait for Bath Time

The American Academy of Pediatrics (AAP) recommends waiting a full 24 hours after birth for your baby's first bath. They also recommend sponge baths until your baby's umbilical cord falls off.⁴ If the cord is kept dry, it falls off faster—usually within one or two weeks. If the umbilical cord does get wet, pat it dry.

And if the stump bleeds a little when the cord falls off, that's OK, too, as Alyson Bracken, of West Roxbury, Massachusetts, learned. "It scared me at first," she says, but then she found out that mild bleeding and even a scab can be normal. (If, on the other hand, you notice any pus, drainage, excessive bleeding, or the stump doesn't fall off on its own, visit your pediatrician.)

The Soft Spot Is Nothing To Fear



"I was terrified of the soft spot," admits April Hardwick, of New York City, referring to the opening in the skull, also called the fontanel, that allows a baby to maneuver out of the birth

canal. "Gemma had a full head of hair at birth, and I was initially afraid to comb over the soft spot," Hardwick says.

But there was no need to worry: "It's OK to touch the soft spot and baby's hair near it," says Tanya Remer Altmann, MD, pediatrician and author of *Mommy Calls*. The spot may pulsate because it's directly over blood vessels covering the brain.

Your Baby Will Let You Know If They're Not Eating Enough

Newborn babies need to eat every two to three hours, but if you're nursing, it's tough to know how much milk your baby is actually getting. The good news is, there is a way to tell: "The baby's weight is the best indicator in the early days," says Dr. Tolcher.

Your pediatrician will check your baby's weight within a few days of discharge and at every checkup. A healthy newborn may lose up to 10% of their birth weight within the first week but should gain it back by the second.⁵ If your baby isn't gaining weight appropriately, your doctor will let you know and you can discuss a feeding plan.

Diaper-counting can also act as a gauge: The schedule those first five days is haphazard, but after that, you should see five to six wet diapers a day, and at least one or two stools.⁶

Dry Skin Is Normal for Newborns

Initially, your baby may have soft and silky skin, but that will soon change. "If you soaked yourself in liquid for nine months and then hit the air, you'd be dry too!" says Laura Jana, MD, pediatrician and co-author of *Heading Home With Your Newborn*.

You don't have to do anything about your baby's dry skin (it typically peels and flakes off), but if you're so inclined, reach for a hypoallergenic and fragrance-free baby lotion.

Little bumps, diaper rashes, and even baby acne may also make an appearance—and that's normal. Call a doctor if a rash begins to ooze, doesn't get better, or if your baby develops a fever, as that could be a sign of an infection that may require treatment.

You Can Choose Your Outings

You have full permission to hole up at home with your baby if you'd like, but you can also venture out into the world with some precautions when you need a change of scenery.

"Use common sense when you go out in public," Dr. Tolcher advises. Keep your baby out of the sun, keep your distance from people who may be sick, and avoid crowded enclosed spaces (such as stores and parties during the holidays). You may also want to take extra precautions during RSV season, roughly from October through March.

"Teach older siblings to touch baby's feet instead of their hands and face, which will help prevent the spread of infection," adds Dr. Tolcher. If needed, feel free to make your older child the hygiene police, suggests Dr. Jana. They might love telling guests, "Don't touch the baby without washing your hands!"

Newborns Can Cry a Lot

Those piercing wails are how newborn babies communicate: They will let you know they're hungry, cold, have a dirty diaper, or want to be held. These early "conversations" can be frustrating but rest assured, you'll get a better handle on what your baby needs in time.

Laurie May, of Boardman, Ohio, and her husband quickly learned to read their daughter's hunger signal. When they were brand-new parents, they set an alarm to go off every two hours to wake Carter for a feeding. "We did not need the alarm!" she says. "We love to laugh at that one now."

Research shows that the amount a baby cries peaks between 5 and 6 weeks.⁸ So if you struggle during that time, realize brighter—and quieter—days are likely soon ahead. (And of course, if you feel like something might be wrong, always talk to your pediatrician.)

"Cat Naps" Are a Very Real Thing



Those first three months with a newborn baby can be a free-for-all when it comes to sleep. Your baby needs to eat every two to three hours, so you're not getting much sleep either. "It

does get better," assures Dr. Altmann. "Most infants can sleep for six to eight hours by 3 months of age."

Newborn babies don't have a circadian rhythm like adults do, but they will eventually develop it around eight weeks.⁹ For now, get your cat naps in when you can, and at night, you can let your baby sleep as long as they want between feeding, as long as your baby's pediatrician has cleared it.

The Newborn Stage Is Fleeting

Stressed, tired, and lonely? The early days of parenting can be a challenge. But they can also be beautiful in their own way, and very, very fleeting. Barbara Evans, of New York City, says, "I wish I'd known how quickly the time goes." The mom to Luella, 8 months, says, "I didn't take enough pictures or keep notes!"

Rabeea Baloch, of Sugarland, Texas, shares some veteran-mom experience: "With my first, I stressed over every single thing, from changing diapers to whether the baby was crying more than usual. With my second, I just enjoyed holding her, smelling her, kissing her, and loving the time together."

Remember, there is no "right" or "wrong" way to get through those early days of newborn parenting.

Some parents will enjoy soaking up those newborn cuddles while others prefer the chaotic fun of toddlerhood. Your personal feelings are valid and if you need help in those early days, don't be afraid to reach out for support from your loved ones and medical providers when you need it.

4. Prepare a Baby Nursery for a Newborn Baby's Arrival



If you're expecting a baby, setting up the nursery is a fun way to help you prepare your home for your new arrival. To get your nursery ready, you'll need to clean the room thoroughly, set up your furniture, then decorate and organize the room. Whether you opt for a classic, cozy feel or you'd prefer an on-trend theme for the nursery, with a little planning, you can create a safe, welcoming space for your family's new addition!

Preparing the Room

Clear out the room you're turning into the nursery. It's best to get a fresh start when you're preparing a room for a baby, so take out as many items from the room as you can, even if you plan on putting them back in the nursery eventually. This will allow you to thoroughly clean the room before you set up the furniture.

Clean all of the surfaces in the room, including the walls and floor. Babies are especially susceptible to allergens like dust, mold, and pet hair, so you should get the room as clean as possible. Use a sponge and soapy water to clean the walls, sweep and mop hard floors, and shampoo the carpet if you have one.

Install a dimmer switch if the lights are bright. If the only light in your room is one bright overhead light, consider replacing the light switch with a dimmer switch instead. Turn off the power to the light switch at the fuse box, then unscrew the switch plate and disconnect the wires from the existing switch. After that, reattach the wires to your new dimmer switch and screw the new switch plate into place.

Oil the door hinges so they don't creak. Using a common household lubricant like WD-40, apply a little oil to each hinge on the nursery door to keep it from creaking. When you finally get the baby to sleep and the door swings silently shut behind you, you'll be glad you took the time to do this.

Install safety features like a smoke and carbon monoxide detector. While it might not be as much fun as decorating the nursery, it's very important that you make sure your most vital safety features are in place. Choose a combination smoke and carbon monoxide detector for the nursery, anchor all heavy furniture to the walls, and protect electrical outlets with plastic covers.

Paint the nursery if you want. Once you know the theme for your nursery, you can paint the walls if you choose. Be sure to choose a non-toxic paint that won't flake, so your child won't be able to peel the paint off the wall and eat it when they become a curious toddler.

Furnishing the Nursery

Assemble the furniture in the nursery in case it won't fit in the door. There's nothing worse than spending hours putting together furniture only to find out it won't quite go through the

door. Save yourself time, effort, and stress by putting the furniture together inside of the nursery, especially big pieces like the crib.

Put together the crib according to the manufacturer's instructions. Creating a safe environment for your baby to sleep in is one of the most important things you can do when you're setting up the nursery. Read through the instruction manual when you're installing the crib, and make sure it's secure before your baby comes home. If you don't feel confident in your construction skills, hire a professional to assemble the crib for you.

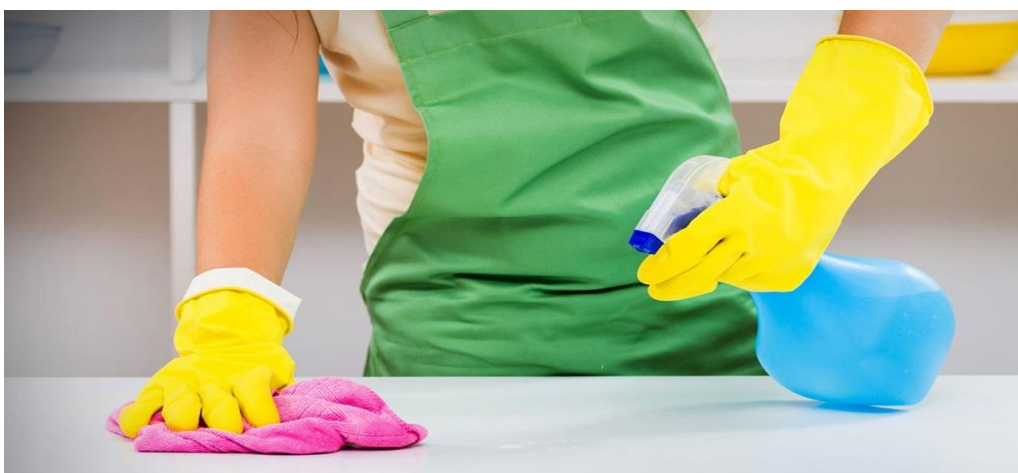
Set up the crib several months before the baby is due. You don't have to have the final details in place, but if your baby arrives early, you'll want to have at least the crib ready, as well as the changing table if you choose to have one.

Include a comfortable chair so you can easily soothe the baby. When the baby wakes up in the middle of the night, or you need to get up for a middle-of-the-night feeding, you'll be grateful for a place to sit while you're tending to your infant. Just be sure it's somewhere that you'll be comfortable, since you'll probably be spending a lot of time there for the first few months.

Put a changing table and dresser in the nursery for your convenience. You can either choose a dresser with a surface big enough for a changing pad, or you can opt for separate pieces. Either way, you'll want a place to organize all of those baby clothes, and the changing table will save your back through several years of diaper changes.

Check to make sure all furniture meets federal safety specifications. If a product has been found to be unsafe or defective in some way, it may be included in a recall. Check all of the furniture you're using in the nursery to make sure it isn't included on any of these lists, especially if you're using hand-me-downs.

5. How to Clean and Disinfect Your Home for a Baby



A clean home makes a healthy home — but you might be surprised at what's most important when you're tackling your housekeeping chores.

Keeping your home (and hands) clean is more important than ever when cold-and-flu season hits. It's no fun being sick or caring for a sick baby — or worst of all trying to do both at once. After all, when a cold or flu bug bites one member of your clan, it can mean all of you will be down for the count.

Head off illness (or at least send most germs moseying down the road) by practicing simple hygiene and cleaning routines. While you can't escape germs completely, it's still smart to limit the allergens and microbes dwelling amongst you and your loved ones. Here are some helpful tips on keeping your house healthier:

Make hand washing a priority

You may have heard it a million times by now, but regular hand washing is hands-down the best way to keep germs from spreading.

Family members, visitors and even your baby herself should wash their hands (or, in the case of your baby, have them washed) thoroughly and frequently: before eating or preparing food, after using the bathroom or changing a diaper, after coming in from outside, after playing with or caring for pets, while caring for someone who is sick and so on.

Make sure soap, water and clean towels are always available. Avoid antibacterial soap, but hand sanitizers are fine for adults and older children if you don't have access to water.

Banish foodborne illnesses

For adults and older children, a foodborne illness is unpleasant, but usually not dangerous. Not so for babies and toddlers, whose immune systems aren't as ready to tackle tough bacteria. For everyone's sake, keep bugs at bay with the following tips:

Wash your hands in hot, soapy water before, during and after you prepare food. Be especially meticulous when you handle raw meat, poultry, fish or eggs.

Stock up on cutting boards. Keep one for produce and another for proteins like meat and fish. Put them in the dishwasher after each use or scrub with hot, soapy water. And replace them when they get scarred and pitted. Bacteria love to make themselves at home in those crevices.

Keep hot foods hot and cold foods cold.

Wipe surfaces (countertops, handles, doorknobs and so on) with disinfectant frequently, and wash kitchen rags, sponges and towels regularly.

Avoid cross-contamination. Don't place cooked foods in a dish that previously held raw foods because the bacteria from the raw meat (or veggies) can transfer onto the cooked burgers (or veggies).

Sleep cleaner

Since you spend most of the night in your bed (or hope to!), you'll want that environment to be a healthy one. Wash sheets once a week in warm or hot water — more often if anyone's ill, especially with intestinal troubles. Crib sheets need more frequent changing, since they're prone to be covered with all manner of leaks, spills, dribbles and drool.

If you have dogs or cats, get them their own cozy beds and discourage them from sharing yours (or your child's). Their furry coats can harbor germs, allergens and even fleas — none of which make for good bedfellows for your family.

Stop germs from spreading



When cleaning surfaces, think about the places hands (little ones and big ones) tend to touch — like faucets, knobs, handles and switches — and concentrate your efforts on those areas.

In the bathroom, wipe down sinks, countertops, toilet seats and tub and shower walls with disinfecting cleansers or wipes. Take a similar approach in the playroom, targeting walls, shelves, toy chests, drawer handles and closet knobs — anywhere little hands touch (which is almost anywhere that's within their reach).

As a rule, keep personal items (like toothbrushes and towels) personal. Color code them, clean them regularly and store them far enough apart from one another (at least an inch for toothbrushes) so that germs don't get passed back and forth.

Pay extra attention to healthy home routines when anyone in your household is ill. Be (even more) compulsive about hand washing, put your washing machine in overdrive, stock up on tissues, wipe down bathroom surfaces more frequently and replace toothbrushes.

Wash baby gear



The arrival of a new baby includes a few new chores on your cleaning list:

Keep the high chair gunk-free. Put the tray directly in the dishwasher for a good scrub or wash it in the sink with dishwashing liquid and warm water once a day (if not more). To get lingering food out of the high chair's crevices (you know it's there), go at it with some dental floss, a toothpick or with a cotton swab dipped in a disinfecting cleaner, a diluted solution of regular, unscented, disinfecting bleach or rubbing alcohol. Don't forget to rinse thoroughly.

Give bath toys a bath. These need regular cleaning since dirty water can cling to all those little crannies and they're a prime spot for mold and mildew. Wash them in a water-and-bleach solution about once a week, rinse well and store them in a mesh bag or basket so they can air out completely. Hard plastic toys can even go in the dishwasher for a hands-free clean.

Wipe down the changing table often with mild soap and water. For those times when soap and water isn't up to the job — when your baby is sick or has just had a massive poop explosion — use a disinfectant solution or wipe to clean the surface, then dry it well with a paper towel. It's also a good idea to use a pad with a removable cover that you can throw in the laundry regularly to wash the germs away.

Leave shoes by the door

Ask family members and visitors to remove their shoes before coming inside — especially if your house is home to a crawling baby. That way, they're leaving dirt and bacteria at the welcome mat, not on the floors where your baby spends her days.

5.1. Top 10 Germiest Spots In Your Home: How To Clean Them?



It is true that dirt and grime can find their way to many different places in your home. Even if you do manage to follow a cleaning routine regularly, you might end up overlooking some of these areas. There is no denying that without adequate attention, the buildup will begin to become gross. However, that is a reality in most homes because most of these surfaces are hard to reach and time-consuming to work on.

Homeowners forget about these surfaces during the cleaning procedure, so they keep getting dirtier and dirtier. Sometimes, hiring professionals who do cheap vacate cleaning Perth and house cleaning is better. But, other times, it is important to learn how to clean the germiest spots yourself. Here are the top 10 germiest spots in your home and the best way to clean them. This will help you maintain a cleaner home.

1. The Workstation

If you are one of those people who work from home or just spend a lot of time on the computer, your workstation will likely become a breeding ground for germs. It is a fact that high-touch surfaces, including keyboards, desk surfaces, and mouse are rarely cleaned. Fortunately, you can clean these surfaces easily by using disinfectant wipes. It is better to squeeze the excess liquid from the wipes before cleaning the electronic stuff.

2. Switches and Handles

Light switches, door handles, and toilet flush handles are just a few examples of places requiring extra attention. Such places are overlooked more often than not by homeowners during cleaning since they are small. People are more focused on the bigger things, so they forget handles and switches. But cleaning them is a must since they are often touched.

Simply dampen a microfibre cloth with an adequate cleaning solution to wipe down the switches and handles. Keeping them when you are nearing the end of your tenancy will help you pass the inspection.

3. The Bathtub

According to the vacate cleaning Perth professionals, it is a must to dry off shower surfaces and tubs after every use to minimise bacteria growth. Regular disinfecting is also recommended. Simply fill a spray bottle with a solution that contains about three per cent hydrogen peroxide. Mist the dry tub, and it will do the job.

4. Coffee Maker



It is true that as you brew your daily coffee, yeast, mould, hard water deposits, and oily residue can easily build up inside the pot and reservoir. Simply fill the reservoir with a mixture of vinegar and water in equal parts.

Without any beans, let the machine run through a cycle and stop halfway through to permit the solution to soak for no less than 30 minutes. After that, finish the cycle and repeat using clean water to eliminate the solution remnants.

5. Kitchen Sponges and Dish Rags

You likely use sponges and dish rags in your kitchen for cleaning. During the process, they pick up bacteria, and you might always sanitise them between uses. In most cases, this will definitely lead to substantial germ growth.

When it comes to cleaning the sponges, dampen them and position them in the microwave for about two minutes once a day. You should replace them frequently, about two weeks or more. To sanitise the dish rags, wash them in your clothes washer on the sanitising cycle.

6. Pet Bowls

It is considered that pet bowls can also be a breeding ground for bacteria, germs, and other microbes. Most owners forget to clean their pet bowls frequently, which is not ideal if you want a germ-free home. Ideally, you should try to clean the bowls every day. You can do so either by hand using soapy water or in a dishwasher.

7. Toothbrush Holder



You might be aware that the bathroom is one of the germiest spaces in your home, and the toothbrush holder is one of the culprits. After brushing their teeth or their child's teeth, most people rinse and keep the wet toothbrush in the holder, which helps build bacteria.

This is why cleaning the holder is important. According to the vacate cleaning Perth experts, you can clean the toothbrush holder by putting it in the dishwasher with hot water.

8. TV Remotes

Germ can also make their way to the TV remotes, which is why it is a must to keep them clean. Ideally, you should use disinfecting wipes to wipe down the remote. Since almost every family member uses the remote, cleaning it should be a part of your routine. Following a schedule is important because neglecting house cleaning can have consequences.

9. Shower Curtains

Mildew can definitely build up on your shower curtain easily if you fail to keep it clean. It is recommended to machine wash the curtain about once every month. Ideally, you should own two curtains so that you can use one while the other is being washed.

10. Kitchen Sink



The kitchen sink can also be a germ spot due to all the food particles getting mixed in a damp environment. Professionals who do budget vacate cleaning Perth recommend using water and soap every day and a kitchen cleaner once every week for disinfecting. Besides taking care of household appliances, cleaning the kitchen sink should also be a part of your routine.

Conclusion

Welcoming a newborn into your home is a beautiful and life-changing experience, but it requires careful preparation to ensure a safe, comfortable, and organized environment. By setting up a functional nursery, baby-proofing your space, and arranging essential supplies, you can create a home that supports your baby's growth and your family's needs. Preparing emotionally, physically, and logistically allows you to focus on what truly matters—bonding with your baby and embracing the joys of parenthood. With thoughtful planning and preparation, you'll be ready to navigate this exciting new chapter with confidence and peace of mind.

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