

The checklist pack

Seven room-by-room cleaning checklists for homes with babies and toddlers.

Nursery · Kitchen, high chair & bottles · Bathroom & bath toys · Floors & play areas · Baby laundry · Car seat · Toys & teethers

Free at nontoxicnurseryhome.com

Not medical advice. Follow product labels. Poison Help: 1-800-222-1222

Nursery cleaning checklist

The nursery gets the most use and the least time. This list keeps it short: wipe what gets touched, wash what gets slept on, and keep products somewhere little hands can't reach.

Every day

- [ ] Wipe the changing pad and let it dry
- [ ] Empty the diaper pail and wipe the lid
- [ ] Pick up anything small on the floor before tummy time
- [ ] Open a window for a few minutes if the weather's nice

Every week

- [ ] Wash crib sheets, swaddles and sleep sacks
- [ ] Dust the dresser, shelves and windowsills with a damp cloth
- [ ] Vacuum the floor and rug while baby's in another room
- [ ] Wipe door handles, light switches and drawer pulls
- [ ] Wipe the crib rails with mild soap and water, then a clean damp cloth

Every month

- [ ] Clean the mattress cover the way its care label says
- [ ] Wash curtains or wipe the blinds
- [ ] Clean the humidifier the way its manual says
- [ ] Check that wipes, creams and cleaners are out of reach

Things to skip

- [ ] Plug-in air fresheners and scented candles
- [ ] Scented dryer sheets on crib bedding
- [ ] Spraying anything close to baby (spray the cloth instead)
- [ ] Clothes or bedding stored with mothballs

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Kitchen, high chair & bottle checklist

Feeding gear goes in and out of the sink all day. Here's a routine that's easy to keep up with when you're tired, plus a weekly reset for the high chair.

Bottles & pump parts

- [ ] Wash your hands first
- [ ] Take everything apart: nipples, rings, caps, valves
- [ ] Rinse under running water
- [ ] Wash in a basin you only use for bottles, with hot soapy water and a bottle brush, or in the dishwasher if the parts say dishwasher-safe
- [ ] Squeeze water through the nipple holes
- [ ] Let everything air-dry on a clean towel or rack
- [ ] Put parts away only once they're fully dry
- [ ] Ask your pediatrician if you need to sanitize, especially for a newborn or preemie

High chair, after meals

- [ ] Take off the tray and wash it
- [ ] Wipe the seat, straps and buckle
- [ ] Check under the seat pad for hidden food
- [ ] Let it dry before the next meal

Kitchen, daily

- [ ] Wipe the counter where you make bottles
- [ ] Rinse the bottle brush and basin and let them dry
- [ ] Swap sponges often, or use cloths you can launder
- [ ] Keep dishwasher detergent up high

Weekly

- [ ] Give the high chair a full clean, following its manual
- [ ] Wipe fridge handles and cabinet pulls
- [ ] Scrub the sink and drain area
- [ ] Wash straw cups and silicone bibs, including inside the straws

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Bathroom & bath toy checklist

Bath toys are fun right up until you squeeze one and something dark comes out. This list keeps the tub, toys and potty gear clean and keeps strong products put away.

After every bath

- [ ] Drain and rinse the tub
- [ ] Squeeze bath toys out and stand them up to dry
- [ ] Hang washcloths and towels to dry
- [ ] Put shampoo and cleaners back up high

Every week

- [ ] Scrub the tub and rinse it well
- [ ] Wash bath toys in warm soapy water and let them dry
- [ ] Clean the potty seat with soap and water
- [ ] Wipe the faucet, toilet handle and light switch
- [ ] Wash bath mats, washcloths and towels

Every month

- [ ] Check squirt toys for mold, and toss any that won't come clean
- [ ] Wash the bath toy basket
- [ ] Clean the grout and shower curtain liner
- [ ] Check the cabinet latches

House rules

- [ ] Use one cleaning product at a time and never mix them
- [ ] Keep products in their original bottles, and label any refill bottles
- [ ] Open a window or run the fan while you clean
- [ ] Save Poison Help (1-800-222-1222) in your phone

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Floors & play area checklist

Once your baby crawls, the floor is their whole world. More vacuuming and plain water, fewer heavy products, and a daily sweep for small things.

Every day

- [ ] Sweep for small things: coins, batteries, pet food
- [ ] Wipe up spills and crumbs right away
- [ ] Wipe the play mat if it's been drooled or snacked on
- [ ] Leave shoes at the door

Every week

- [ ] Vacuum rugs, carpet and the couch
- [ ] Damp-mop hard floors and let them dry before playtime
- [ ] Wash play mats and soft toys the way their labels say
- [ ] Wipe the remote and phones
- [ ] Dust low shelves and baseboards

Every month

- [ ] Vacuum under the furniture
- [ ] Wash throw blankets and cushion covers
- [ ] Clean low windows and glass doors
- [ ] Check cords, plants and small decor are out of reach

Things to skip

- [ ] Strongly scented floor cleaners and carpet powders
- [ ] Air freshener sprays in the play area
- [ ] Mopping right before playtime
- [ ] Leaving a bucket of water unattended

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Baby laundry checklist

Baby laundry multiplies overnight: onesies, burp cloths, swaddles, sheets. Keep it simple and scent-free, and keep the detergent where little hands can't get it.

Before baby arrives

- [ ] Prewash new clothes, sheets and burp cloths
- [ ] Pick a fragrance-free detergent
- [ ] Skip scented dryer sheets and fabric softener
- [ ] Choose a high cabinet for detergent, not the top of the washer

Every load

- [ ] Rinse milk, spit-up and poop stains in cold water first
- [ ] Use the amount of detergent the label says
- [ ] Add an extra rinse if you like
- [ ] Dry fully, with wool dryer balls if you use them
- [ ] Put detergent away as soon as you're done

Every week

- [ ] Wash crib sheets, sleep sacks and bibs
- [ ] Wash cloth diapers the way the diaper brand suggests
- [ ] Wipe the washer door seal and detergent drawer
- [ ] Wipe up any detergent spills

Storage rules

- [ ] Keep detergent in its original container
- [ ] Keep detergent pods out of sight and reach, or use powder or liquid while kids are small
- [ ] Don't mix laundry products with other cleaners
- [ ] If a child swallows detergent, call Poison Help at 1-800-222-1222

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Car seat cleaning checklist

Car seats collect crumbs, milk and the occasional carsick disaster. The rule that matters most: your car seat's manual decides how to clean it. Straps and buckles are safety parts.

Before you start

- [ ] Find the manual (most brands post it online) and read the cleaning section
- [ ] Take photos of how the cover and straps are threaded
- [ ] Vacuum crumbs out of the shell

Cover & padding

- [ ] Wash the cover only the way the manual says
- [ ] Use a mild, fragrance-free detergent
- [ ] Let the cover dry completely before refitting it

Straps & buckle

- [ ] Spot-clean straps with a cloth and mild soap, unless the manual says otherwise
- [ ] Don't machine wash, soak or bleach straps unless the manual allows it
- [ ] Clean the buckle only as the manual describes, then check it clicks and releases
- [ ] No solvents or lubricants on the harness or buckle

Putting it back

- [ ] Rethread using your photos and the manual, with no twisted straps
- [ ] Reinstall the seat and check the fit
- [ ] Vacuum the car seat area and wipe door handles
- [ ] Register the seat with the maker so you hear about recalls

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Toy & teether checklist

If they can grab it, it goes in their mouth. For most toys that means warm soapy water, a rinse and a full dry.

Mouthed toys & teethers

- [ ] Wash in warm soapy water and rinse well
- [ ] Use the dishwasher only for toys labeled dishwasher-safe
- [ ] Let them air-dry completely
- [ ] Replace teethers that are cracked or torn

Hard plastic & wood

- [ ] Wipe plastic toys with soap and water, then a damp cloth
- [ ] Wipe wooden toys with a barely damp cloth, and don't soak them
- [ ] Never put battery toys in water
- [ ] Check battery covers are screwed shut

Soft toys, books & bins

- [ ] Machine wash plush toys if the label allows
- [ ] Wipe board books with a barely damp cloth
- [ ] Empty and wipe out toy bins
- [ ] Rotate toys and pass on outgrown ones

After someone's been sick

- [ ] Clean with soap and water first
- [ ] If you use a sanitizer, follow the label exactly
- [ ] Keep kids away until surfaces are dry
- [ ] Rinse mouthed toys if the label says to

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