

The 4-Slot Caddy *Refill Checklist*

US Letter | 8.5 × 11 in | Print in color or black & white | Laminate for reuse
 Everything you need to build, stock, and refill every diaper caddy in your home.



How to use this checklist: Print once, laminate, and hang inside your nursery closet door. Use a dry-erase marker to check off items each week. The checklist covers five areas: the 4-Slot build guide, the 10-10 Refill Rule tracker, newborn vs. 3-to-6-month restock comparison, your 3-station setup, and a quick Sunday reset check.

Print tip: Print at 100% scale (do not "fit to page"). US Letter size. Laminate with a standard 9×12 in pouch for dry-erase reuse. Black and white printing works great — the checkboxes and layout hold up perfectly without color ink.

The 4-Slot Caddy Method

SLOTS 1 + 2 — CHANGE ESSENTIALS & SKIN CARE

SLOT 1 — CHANGE ESSENTIALS

- Diapers**
 10-12 for newborns · 6-8 for 3-6 months
 Size 1 → move to size 2 at ~12 lbs
- Wipes**
 Refillable popup dispenser · **Water Wipes** for first 4-6 weeks
Pampers Sensitive after that
- Portable Changing Mat Liner**
 ~13 × 17 in waterproof mat or disposable liners
Summer Infant fold-flat or **Munchkin** disposables

SLOT 2 — SKIN CARE BASICS

- Diaper Cream**
Desitin Maximum Strength (40% zinc oxide) — full 4 oz tube
 Swap to travel-size at 3 months
- Vaseline**
 1.75 oz tin · barrier layer between cream applications
 Essential during umbilical stump healing
- Baby Lotion**
Aveeno Baby Daily Moisture or **CeraVe Baby**
 8 oz bottle = ~60-80 changes at light application

The 4-Slot Caddy Method

SLOTS 3 + 4 — EMERGENCY EXTRAS & CLEANUP

SLOT 3 — EMERGENCY EXTRAS

- Extra Outfit**
 One onesie + leggings or sleeper
Always pack one size up from current size
- Burp Cloth**
 Doubles as modesty cover during changes
 Handles the surprise situations every new parent knows
- Resealable Bags**
 2-3 gallon-size **Ziploc** bags folded flat
 For soiled outfits until you reach laundry

SLOT 4 — CLEANUP & SAFETY

- Hand Sanitizer**
Purell Original 2 oz travel size
 Use before AND after every change — CDC guideline
- Disposable Changing Pad Liners**
 5-7 liners in the final pocket
Munchkin Waterproof liners or similar

MINIMALIST VERSION

2 items per slot = 9 items total. Diapers + Wipes / Cream + Vaseline / Onesie + Ziploc / Sanitizer. Fits in the smallest rope caddy.

10

+

10

REFILL
RULE

The 10-10 *Refill Rule* — Never Run Out Mid-Change

Refill the caddy the moment stock drops to **10 diapers** or **10 wipes** remaining. Not when empty — when you hit 10. That 90-second top-up prevents every 3 a.m. scramble. Run this check every Sunday alongside your bedroom reset.

DIAPERS

Refill at 10 remaining

WIPES

Refill at 10 remaining

CREAM + LOTION

Check weekly



Newborn vs. 3-to-6-Month Restock Guide

YOUR CADDY SUPPLY LIST CHANGES AS BABY GROWS — ADJUST EVERY 6-8 WEEKS

STAGE	DIAPERS IN CADDY	WIPES PER CHANGE	CREAM FREQUENCY	ADD / REMOVE
0-3 Months Newborn	10-12 ~10 changes/day	4-6 wipes per change	Daily barrier cream every change. Full 4 oz tube in caddy.	+ Cord care pads Remove cord pads at week 3-4 after stump falls off.
3-6 Months Growing	6-8 ~6-8 changes/day	2-4 wipes per change	As needed only. Swap full tube for travel-size in caddy. Keep backup in closet.	+ Small teether or pacifier clip Check diaper size — move to size 2+ by 14 lbs.



The 3-Station Caddy Setup

ONE CADDY PER ZONE WHERE YOU ACTUALLY SPEND TIME

Station 1 Nursery · Full 10 Items	Station 2 Living Room · 5 Items	Station 3 Car · 4 items
<input type="checkbox"/> 10-12 diapers <input type="checkbox"/> Full wipes pack <input type="checkbox"/> All 3 skin care items <input type="checkbox"/> Outfit + cloth + bags <input type="checkbox"/> Sanitizer + liners	<input type="checkbox"/> 5 diapers <input type="checkbox"/> 1 wipe pack <input type="checkbox"/> 1 cream tube <input type="checkbox"/> 1 spare onesie (size up) <input type="checkbox"/> Sanitizer	<input type="checkbox"/> 4 diapers <input type="checkbox"/> Travel wipes <input type="checkbox"/> Travel Desitin <input type="checkbox"/> 2-3 Ziploc bags <input type="checkbox"/> Portable changing mat



Weekly Sunday Reset Check

90 SECONDS · DO THIS EVERY SUNDAY EVENING

<input type="checkbox"/> Nursery caddy refilled Diapers, wipes, cream checked	<input type="checkbox"/> Living room caddy refilled 5 diapers minimum in
<input type="checkbox"/> Car caddy refilled 4 diapers + travel wipes	<input type="checkbox"/> Shopping list updated Low items added before Sunday ends
<input type="checkbox"/> Diaper size still correct Check weight vs. current size chart	<input type="checkbox"/> Lotion + sanitizer topped up Add to order if under half-full



Notes

BRANDS TO TRY, SIZES, REORDER NOTES
