



Guide to Hosting a Baby

Kids' routines, sleep schedules & feeding habits change frequently. Being intentional about schedules & needs before a visit will help make your time together more enjoyable for everyone!

Framework

Start with the basics: planned arrival & departure times, plus any planned events expected (or hoping!) to occur during the visit.

Planned Events	Date & Time	Notes
Arrival		
Departure		

Key Topics

Feeding

- What helps **bottle/breastfeeding** go well? Quiet space, pillows, water & snacks?
- What **food or milk** should be available? Any **diet restrictions** for anyone in the family?
- What **supplies** are needed - and who will supply them? Consider:
 - Bottles
 - High Chair
 - Unbreakable plate, bowl, spoon & fork

- Cups with lids or straws
- What's the **ideal schedule for adult meal** times?



Sleep

- **Where** can baby sleep? Is there a crib or pack n' play available?
- What are the ideal **conditions** (noise, lighting) for baby to sleep?
- What's the baby's current nap & sleep **schedule**?
- How can **parents** get the best (or extra) sleep?



Clothing & Diapering

- Recommended supplies for the host to have on hand:
 - 1-3 “emergency” outfits
 - Muslin blankets for swaddles, bibs & clean-up
 - Still in **Diapers**?
 - Designated towel or changing pad
 - Pack of wipes
 - Using the **Potty** (or trying to)?
 - Step stool for handwashing
 - Toilet insert for small bottoms

- Anything in the Clothing/Diapering department that would help the visit go smoothly? Consider **climate-specific needs**.



Play

- What type of “baby area” is needed? Consider a **space safe** from pets, sharp corners, stairs, & breakables.

- Supply Check: Are **baby gates** or **childproof** locks & door handles needed?

- Recommended “Have at Host site” list:
 - A few books
 - A few toys, or your measuring cups



More guidance on the blog

<https://www.popinsfam.com/blog/traveling-with-babies>

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