New Parent London Checklist

Everything to sort in baby's first year

BEFORE BABY ARRIVES

- [ ] Register with a GP surgery near you
- [ ] Find your nearest children's centre
- [ ] Sign up for NHS or NCT antenatal classes
- [ ] Book a hospital tour if having a hospital birth
- [ ] Research baby classes (200+ on mummy.london!)
- [ ] Plan your maternity/paternity leave

0 – 6 WEEKS

- [ ] Register your baby's birth (within 42 days)
- [ ] Register baby with your GP
- [ ] Book your 6-week postnatal check
- [ ] Book baby's 6-week health check
- [ ] Contact your Health Visitor
- [ ] Apply for Child Benefit at gov.uk
- [ ] Apply for free NHS prescriptions & dental

6 WEEKS – 3 MONTHS

- [ ] First set of baby vaccinations (8 weeks)
- [ ] Second set of vaccinations (12 weeks)
- [ ] Third set of vaccinations (16 weeks)
- [ ] Try your first baby class — sensory, yoga or music
- [ ] Register for a library card (free books for life!)
- [ ] Look into baby swimming (from 6 weeks)

3 – 6 MONTHS

- [ ] Men B vaccine booster (16 weeks)
- [ ] Start exploring tummy time and play mats
- [ ] Consider baby signing classes
- [ ] Join a local parent group or NCT coffee morning
- [ ] Research childcare if returning to work

6 – 12 MONTHS

- [ ] MMR vaccine (around 12 months)
- [ ] Book baby's first dental check (free on NHS)
- [ ] Start weaning — explore messy play!
- [ ] Sign up for a toddler class
- [ ] Check 15/30 hours free childcare eligibility
- [ ] Apply for a passport if planning to travel

ONGOING

- [ ] Explore mummy.london for classes near you
- [ ] Check London term dates each term
- [ ] Follow @mummylondon for weekly finds