

# 48-HOUR NEWBORN LANDING ZONE RESET CARD

A 48-hour room-by-room cleaning timeline  
for welcoming your newborn home safely.

**0-6 hrs**

Bottle & Kitchen

**6-24 hrs**

Nursery & Bathroom

**24-36 hrs**

Floors & Paths

**36-48 hrs**

Final Touchpoints

## WHAT YOU'LL RESET IN 48 HOURS

<b>Hours 0-6</b>	Bottle counter · basin · drying rack · cabinet shelf	<input type="checkbox"/>
<b>Hours 6-12</b>	Nursery vent · sill · changing station · hamper · floor path	<input type="checkbox"/>
<b>Hours 12-24</b>	Toilet · faucet · shower floor · trash · laundry · supplies	<input type="checkbox"/>
<b>Hours 24-36</b>	HEPA vacuum floors · damp mop sealed surfaces	<input type="checkbox"/>
<b>Hours 36-48</b>	Switches · knobs · fridge handle · stair rail · pet boundaries	<input type="checkbox"/>

**Clean home. Calm start. Happy baby.**

Your 48-hour roadmap starts here.

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Complete each zone in order. Check off as you go.

Hour 0–6

## Bottle & Kitchen Zone

Clear and wipe the bottle counter, basin area, drying rack, and cabinet shelf.

Hour 6–12

## Nursery Reset

Refresh the nursery: vent, sill, changing station, hamper, door handle, and floor path.

Hour 12–24

## Bathroom Recovery Zone

Reset the bathroom: toilet handle, faucet, shower floor, trash, laundry, and supplies.

Hour 24–36

## Floors & Entry Paths

HEPA vacuum floors and entry paths, then damp mop or steam approved sealed surfaces.

Hour 36–48

## Final Touchpoints

Finish touchpoints: switches, knobs, pulls, fridge handle, stair rail, and pet boundaries.

**PRO TIP:** Use fragrance-free, hospital-grade products throughout. Always ventilate 30 mins after cleaning.

Newborns are sensitive to VOCs and strong scents — especially in the first 48 hours home.