

## Newborn Supply Checklist

Here is a extensive checklist of what you should have on hand before your baby arrives. This was adapted in part from Consumer Reports, an excellent resource for recommended baby items. You can research specific brands of equipment at:

- <http://www.consumerreports.org/cro/babies-kids/index.htm>
- <https://www.babygearlab.com>

## Tooling around

\_\_\_\_\_ **Car seat** (look for an infant model that accommodates a baby to at least 20 pounds- the Chicco KeyFit 30 can be used for babies up to 30 pounds and 30 inches- <http://www.chiccousa.com/gear/car-seats/keyfit-30-extreme.aspx> .)

\_\_\_\_\_ **Stroller** (a frame that can be used with an infant car-seat is handy for the first few months. An infant is ready for an umbrella stroller at about 6 months of age.)

\_\_\_\_\_ **Car Seat Cover** To prevent people from sticking their hand in to touch your infant (WHY do they do that??) and keep coughs, sneezes away. There are lightweight covers, and heavier ones that will keep baby warm in the winter (**you should never put an infant in a puffy snow outfit in a carseat- it prevents the straps from fitting snugly.**) [This baby seat cover](#) is multifunctional and a good example of what you need as a simple cover.

## Beds and linens

\_\_\_\_\_ Crib.

\_\_\_\_\_ Crib mattress.

\_\_\_\_\_ Bassinet/cradle (if you don't want to put your baby in a crib right away). Several good choices include the [Snoo](#)(high end, self rocking bassinet that can be rented), [The Halo](#), and [The Lotus](#) (which converts into a travel crib for larger infants)

\_\_\_\_\_ Two to three fitted crib sheets.

\_\_\_\_\_ Four or more cotton receiving blankets for swaddling baby. Stiffer blankets swaddle better.

\_\_\_\_\_ Two mattress pads.

\_\_\_\_\_ One to two waterproof liners (for crib or bassinet).

**We DO NOT recommend crib bumpers, or any soft toys/pillows/blankets in the crib or bassinet. Sleep “wedges” are also not recommended and can be dangerous.**

### **Diaper duty**

\_\_\_\_\_ Diapers. **Disposables:** One 40-count package of newborn (birth weight under 8 pounds) or of size 1 (birth weight over 8 pounds). **Cloth:** Two to three dozen, plus six to 10 snap-on, waterproof outer pants, OR eight to 10 all-in-ones or diaper system covers; two to three dozen diaper system inserts.

\_\_\_\_\_ Changing pad to keep your baby in place while changing, and protecting surfaces from the inevitable mess.... The **Keekaroo brand** is highly recommended by parents for comfort and cleanability.

\_\_\_\_\_ Diaper ointment- for protecting your baby’s skin from the irritation of urine/stool; we like pastes that include zinc oxide for optimal protection: Triple Paste, Boudreau’s Butt Paste,

\_\_\_\_\_ The **BUMCO butt paste paddle** comes highly recommended by parents as an easy way to “frost your baby’s bum” with paste without getting your hands covered as well.

\_\_\_\_\_ Diaper pail (with refills or bags as needed).

\_\_\_\_\_ Diaper bag.

### **Dressing baby**

\_\_\_\_\_ Four **sleep sacks** (like long nightgowns with elastic on the bottom- for easy changing). Sleep sacks (arms free as they get older) are also excellent at keeping older infants from climbing out of the crib)

\_\_\_\_\_ Six one-piece undershirts (onesies) that snap around the crotch (you can get side snap ones to use until the cord is off, but they aren't as useful as the onesies, and not totally necessary.)

\_\_\_\_\_ A small baby cap (although the hospital will probably give you one).

\_\_\_\_\_ Six pairs socks/booties. Footed outfits are easier.

\_\_\_\_\_ Four to five soft, comfortable daytime outfits. Get with attached feet if a cool-weather baby. Avoid snaps/buttons up the back. Zippers are great (see Hanna Anderson one piece outfits.) Get only a few items in newborn size. Then, go for clothing in the 3-6 month size--your baby will grow into it quickly. But don't buy baby sleepwear that's too big--it's a safety hazard.

\_\_\_\_\_ Cotton sweater or light jacket.

## Summer babies

(can substitute short outfits for long sleeved/footed outfits)

\_\_\_\_\_ Brimmed hat.

## Winter babies

\_\_\_\_\_ Snowsuit with attached mittens or fold-over cuffs, or heavy bunting.

\_\_\_\_\_ Heavy stroller blanket or carseat cover.

\_\_\_\_\_ Warm knit hat.

## Feeding time

### If you're planning to breast-feed:

\_\_\_\_\_ Three to five nursing bras.

\_\_\_\_\_ A box of washable or disposable breast pads.

\_\_\_\_\_ Breast pump if you expect to use one (manual or electric). (\* the **Haaka silicone hand pump** is a terrific easy to use, easy to carry item that is also handy to collect extra milk that can leak from your breast when you baby is nursing on the other side.)

\_\_\_\_\_ Four small baby bottles with newborn nipples for storing expressed breast milk.

\_\_\_\_\_ Bottle-drying tree.

\_\_\_\_\_ Bottle brush.

\_\_\_\_\_ Insulated bottle holder for diaper bag (the hospital may give you one).

\_\_\_\_\_ Three packs of cloth diapers or burp cloths.

### If you're planning to bottle-feed:

\_\_\_\_\_ Six 4- to 5-ounce bottles, plus nipples, rings, and a dishwasher basket if you use a dishwasher. No sterilizer necessary.

## Bathing/Grooming

\_\_\_\_\_ Plastic infant bathtub.

\_\_\_\_\_ Three soft hooded towels.

\_\_\_\_\_ Two packs of baby washcloths.

\_\_\_\_\_ Twelve plain cotton diapers (all purpose burp clothes, bassinet liners, etc.)

\_\_\_\_\_ Baby body wash that doubles as shampoo.

\_\_\_\_\_ Pair of baby-sized nail clippers and baby nailfile

\_\_\_\_\_ Zinc-oxide-based diaper rash ointment (a tub of Triple Paste will last until your child is potty trained!)

\_\_\_\_\_ Soft brush and comb.

\_\_\_\_\_ Mild laundry detergent (Dreft, Ivory Snow, or other fragrance/color-free detergent) to start, but most babies tolerated any detergent to wash their clothes, just avoid dryer sheets (use felt dryer balls instead to avoid chemicals)

BABY WIPES are not initially necessary- try using warm water and a washcloth or soft paper towels to avoid irritation by chemicals. A refillable, travel size packet of wipes- fragrance and alcohol free- is useful for the diaper bag.

### **Medicine chest essentials**

\_\_\_\_\_ **Digital rectal thermometer** (Rectal temperatures are preferred in infants, but in a pinch you can take an axillary (underarm) temperature and add a degree. Ear thermometers are best for children over one year old. We do not recommend old-fashioned glass thermometers because if they break, the mercury is hazardous.)

\_\_\_\_\_ Infant acetaminophen drops (for pain/fever, DO NOT USE without consulting a physician)

\_\_\_\_\_ Cotton balls

\_\_\_\_\_ Q-Tips

\_\_\_\_\_ Nasal aspirator (take the one in the bassinet from the hospital)

\_\_\_\_\_ Saline nasal drops for infants

\_\_\_\_\_ Rubbing alcohol.

\_\_\_\_\_ Vaseline or A&D ointment

\_\_\_\_\_ Calibrated medicine dropper (1 teaspoon or 5 ml size)

\_\_\_\_\_ Oral rehydration solution such as Pedialyte (check expiration date- you may not need this for a while)

### **Keeping baby happy**

\_\_\_\_\_ Pacifiers (don't buy a ton of one type in advance as you never know which your infant will particularly like)

### **Extras: Nice but optional**

\_\_\_\_\_ Baby monitor.

\_\_\_\_\_ Noise machine (white noise both soothes many infants to sleep, and helps cover up noise outside of the room that may wake up baby.) First see if your infant can sleep without this so as not to introduce a sleep crutch.

\_\_\_\_\_ A rocker or glider.

\_\_\_\_\_ Sling or strap-on soft carrier (there are many choices of wraps and slings to use for newborns, then carriers for larger infants- best to go try on a variety to see what works best for you.)

\_\_\_\_\_ **Boppy**, a doughnut-shape pillow designed to make holding baby during breastfeeding or bottlefeeding easier. Also useful for tummy time while supporting your infants upper chest.

\_\_\_\_\_ Nursing coverup. Attaches at your neck and allows for private breastfeeding when you and your baby are in public.

-----**Baby bouncers**: These are holders that you stash the kid while you are trying to do something else (HAH!) We really don't like putting kids in them for long periods of time, as they tend to stay in one position with resultant flattening of their heads, and they should **never be in one unsupervised**. Usually used until about 5-6 months maximum as baby will move around too much by then for it to be safe (ignore the information by the manufacturers that say you can use the device for ages above this!). Parents seem to like the **Baby Bjorn** a lot.

\_\_\_\_\_ Floor Play Mat: Nice to have- a soft mat for the floor with toys dangling above- around 2-4 months babies start swatting then reaching for the mirrors/toys. Also, we LOVE putting babies down on the floor for gross motor development rather than in bouncers.

\_\_\_\_\_ Cool mist vaporizer

\_\_\_\_\_ **Night-light** (for middle of the night diaper changes and feeds without turning on the light)

## Guidelines on Making Layette Choices

Here are some suggestions to keep in mind when selecting items for your newborn:

- [Buy big](#). Unless your baby is born prematurely or is very small, she probably will outgrow “newborn” sizes in a matter of days—if she ever fits into them at all! Even three-month sizes may be outgrown within the first month. You’ll want a couple of garments that your child can wear in the very beginning, but concentrate on larger sizes for the rest of the wardrobe. Your baby won’t mind if her clothes are slightly large for a while, or if she wears the same outfit every day.
- To avoid injury from a garment that catches fire, all children should wear flame-retardant sleepwear and clothing. Make sure the label indicates this. These garments should be washed in laundry detergents, not soap, because soap will wash out the flame retardant. Check garment labels and product information to determine which detergents to use.
- Make sure the crotch opens easily for diaper changes.
- Avoid any clothing that pulls tightly around the neck, arms, or legs or has ties or cords. These clothes are not only safety hazards, but are also uncomfortable.
- Avoid pacifier cords/strings- they can get caught around an infant’s neck.
- Check washing instructions. Clothing for children of all ages should be washable and require little or no ironing.
- Do *not* put shoes on a newborn’s feet. Shoes are not necessary until after she starts to walk. Worn earlier, they can interfere with the growth of her feet. The same is true of socks and footed pajamas if they’re too small and worn for a prolonged period of time.
- A trip down the children’s medication aisle is enough to give any parent an ulcer, but for now remember one thing: Never give any medicine to your newborn without first checking with the pediatrician. Always measure medicines with calibrated droppers or spoons; you’ll need a one-teaspoon medicine dropper.

Using an old-fashioned crib or high chair that’s been passed down is a quaint idea. But it’s better to skip the sentimentality and buy new because those older cribs and high chairs won’t meet all current safety standards and may be in disrepair. In fact, according to the Juvenile Product Manufacturer’s Association, each year, 50 babies suffocate or strangle from becoming trapped between broken crib parts or in cribs with older, unsafe designs. They advise consumers to buy a new crib instead of using an heirloom or buying a secondhand one.

If you must use an older crib, avoid those built before 2000, about a year after the latest voluntary standards for slat-attachment strength took effect. (Check the manufacture date on the crib label, which is required by law.) So if you have a crib you used with a pre-2000 baby, you really should get a new crib for your new baby. Buy the mattress at the same time to make sure you’ve got a snug fit. (If you can fit two fingers between the mattress and the crib frame, the mattress is too small, and therefore unsafe for baby.)

Before buying any used item, check the U.S. government's recall Web site, [www.recalls.gov](http://www.recalls.gov), to make sure the high chair or crib you select hasn't been recalled.

**DO NOT PURCHASE USED CARSEATS.** Any carseat that has been in an accident may not be safe-avoid such items without knowing their history.