

# WHAT YOU NEED TO BRING BABY HOME



## NECESSITIES:

- Frozen meals:** Prior to delivery have a freezer full of pre-made frozen meals, there will be no time to cook once baby is home.
- Diapers:** Whether you're going the re-usable or disposable route, you'll need plenty on hand. (Diapers.com offers convenience and great deals.)
- Disposable wipes:** Always have a few packets on hand—this is not an item you want to run out of.
- Diaper pail:** Choose one that you can operate with one hand, one that uses regular garbage bags, and has an odor control system.
- Diaper bag:** Make sure it hangs well from your stroller handlebars.
- Vaseline,** only if rash redness occurs use Diaper rash cream.
- Thermometer:** (The rectal kind. Doctors recommend for the most accurate reading)
- Nasal aspirator** for clearing stuffy noses.
- Baby nail clipper or file.**
- Alcohol swabs** and bandages (to clean the umbilical cord).
- Burp cloths:** The old diaper clothes work best.
- 6 or 8 pacifiers,** if you want to use them. Be sure to get ones labeled "newborn."
- Bassinet and/or Pack n' Play.** It's so nice to just reach over to nurse your baby at night.

## BATH:

- Infant bath tub** or seat with a newborn "sling".
- Baby shampoo** and cleanser.
- Baby lotion** and powder.
- 2 to 3 hooded towels** that let you swaddle baby post-bath.

## NURSING/FEEDING:

- 6 bottles, including nipples:** Make sure you buy nipples for newborns. (4 or 8 oz. last longer than the newborn 2 oz.)
- Bottle brush and baby-friendly detergent.** Drying racks are also nice to have.
- Breast pump:** Go for the fancy automatic double pump if you're going back to work.
- Nursing pillow.**
- Nursing pads and Lanolin lotion.**
- Breast milk freezer bags** or storage cups.
- Formula:** Even if you're breast feeding, having some on hand for "backup" is great.
- Gripe water:** Soothes colic, gas and reflux in babies.
- Keep a feeding diary.**

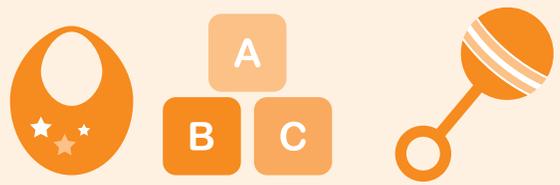
## ROOM:

- Baby monitor:** New high-tech ones include night vision and touch-screen.
- Crib, mattress** (must be firm) and **bumper.**
- 2 to 3 fitted **crib sheets.**
- 2 waterproof **mattress pads.** (The zippered ones make changing sheets much easier)
- Changing table with pad** (you can also convert an existing dresser by adding a topper with a pad).
- 2 or 3 **changing pad covers.**
- Rocking chair** or glider with ottoman.
- Activity mat** (also called the baby gym).
- Mobile for the crib:** Think music, lights and movement. We like ones you can turn off remotely.
- Laundry hamper:** Keep dirties all in one place, plus easy transport to wash room
- Night lights:** Have them in the kitchen, baby's room and your bedroom, it helps keep from waking up the whole house.



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CONTINUED



## TRAVEL:

- A rear-facing infant car seat with base.** If you have two cars, you'll need a second base. Don't forget the shades for the car!
- Baby car mirror:** So you can see if your baby is awake or sleeping.
- Baby carrier** and/or sling.
- Stroller:** Baby won't sit up for a few months, so you'll need a Snap 'n Go, a travel system or a model in which baby can fully recline.

## CLOTHING:

- 6 to 8 **onesies**, short sleeve or long sleeve, depending on what time of year your baby is born.
- 6 to 8 **sleepers** (aka coveralls) with built-in footsies, or rompers if it's spring or summer.
- At least **3 sleeping gowns** should have built-in mittens to cover fast-growing baby fingernails and avoid scratches on smooth baby skin. Fleece or cotton depending on time of year baby is born.
- Sleep sac**, for when baby outgrows the swaddle or sleep gowns, but is still too young for a blanket in the crib. short sleeve or long sleeve, depending on what time of year your baby is born.
- 1 to 3 **sweater cardigans or zip hoodies**, depending on the season.
- 8 pairs of **booties or socks**.
- 2 to 4 **hats**, including at least one sun hat.
- 4 to 6 **receiving blankets**. One should be soft and thick enough to be a blankie contender; two should be thin enough for your diaper bag.
- 8 to 10 **bibs**. The plain white one are the most useful since they don't go over baby's head. At least two should be waterproof. Once baby starts solids, you'll need something you can just hose off.
- Dreft** or a fragrance/dye free detergent, everything must be washed prior to baby wearing.

- Velcro swaddle.** Not a necessity, but some parents prefer it.
- 1 **snowsuit or winter bunting**, easy to use bunting zips right into car seat or strollers. (for winter babies).
- 1 to 2 pairs of **mittens** if they aren't included in the snowsuit (for winter babies).



## GREAT EXTRAS TO REGISTER FOR:

- **Swing and/or bouncy seat.** The movement makes almost all babies very, very sleepy.
- **Portable crib**, commonly known as a Pack 'n Play, for when you visit the grandparents.
- **Baby Mozart DVD's**, melodies of the maestro can improve verbal ability, spatial intelligence, creativity, and memory.
- **Classic baby books:** Good Night Moon, Pat the Bunny, any of your childhood favorites.
- **Stroller items:** Bug net and water proof cover.
- **High Chair.**
- **ExerSaucer:** You won't use it for a few months, but once your baby hits 4 or 5 months, it will blow his little mind.
- **Baby wipe warmer:** Makes diaper changing less dramatic.
- **Bottle warmer/and or sterilizer:** Convenient for anytime feeding.
- **Mini Fridge:** Provides easy access to bottles for late night feedings.