

Are you expecting a baby?

Web-MD published a long list of things you should buy. You can read it here:

<http://www.webmd.com/baby/guide/what-to-buy-pregnancy>

I have gone through their list and made some changes, and created my own, nearly but not completely, plagiarized version, which you can find below:

The Nursery

- **Bassinet, or Co-Sleeper:** It's a SIDS prevention factor to have the baby sleep in your room for the first several months – until around 4-6 months old. So, a large bassinet, like a pack-and-play, or a large co-sleeper will last the whole time. Co-sleepers are great for breast-feeding since they are right next to the bed and at the same level. But a pack-and-play will come in handy for traveling and moving it around from room to room. You can use the top bassinet on the pack and play in the beginning, and then put the baby in the bottom section, which is larger, when she or he gets older. Sometimes people think the mattress is too hard in these – but the hard mattress is a SIDS prevention factor so please don't put something soft on top.
- **Dresser:** You will need a few drawers to store baby's clothes and toys.
- **Changing area:** This can be on top of a dresser or a separate changing table. It is a good idea to purchase a pad to lay baby on top of when changing. You'll be changing a lot of diapers, so it's a good idea to have a comfortable surface at a good height that won't hurt your back. Never take your hand or eyes off baby when changing him or her, especially if your changing area is off the ground; babies can roll off the table at the blink of an eye. The changing pad should have a strap to put around the baby but please don't count on it for safety. You can be just as happy with changing the baby in the pack and play, or on a pad on your bed.
- **Rocking chair or glider:** Although not essential, it's nice to have when feeding baby. Pick out one that has padded arms for extra support and comfort. A footrest adds additional comfort, especially if breastfeeding.
- **Night light:** Not essential, but it helps you see during those middle of the night diaper changes and feedings.
- **Tape or CD player:** Lullaby music is a nice way to lull baby into a peaceful sleep or soothe baby when he or she is upset.

Crib Linens

- **1 quilted mattress pad**
- **At least 2 fitted crib sheets** (smaller sizes are sold for cradles, bassinets, or port-a-cribs)
- **2-4 waterproof mattress pads** or waterproof sheets
- **2 light blankets**

When making the crib, you have a few options. You may choose to use a waterproof mattress pad on the bottom and put the fitted crib sheet on top of that, or you may want to look into purchasing a waterproof pad/sheet (called sheet-savers) that goes on top of the fitted crib sheet. These can be found in most baby stores and make cleaning up accidents easier since all you have to do is change the top sheet of the crib. If you go this route, be sure to get one that snaps or ties on to the crib railings (you do not want the ones that you just place on top of the fitted sheet -- these can increase the risk of suffocation).

If you choose to use the waterproof sheet savers you really only need 1 fitted crib sheet and 2 to 4 waterproof sheet savers. The fitted crib sheet should require few changes since the waterproof sheet savers on top will keep it dry. You do, however, want to get multiple waterproof sheet savers since you will need to change those regularly.

Note: Babies don't need pillows or fluffy comforters in their crib! They also should not sleep with stuffed animals or toys. They could cause your baby to suffocate since he or she is not strong enough to roll over or push them away.

Diaper Time: What You Need for the Changing Table

- **Cloth diapers:** You may want to use cloth diapers. For most babies, the amount of diaper rash won't be different between disposable and cloth, though studies do show that there are more diaper rashes with cloth. Here's more info on cloth diapers: http://thenestinghouse.net/?page_id=14
- **Diapers** (plan on using 70-90 per week for the first six weeks, then 50 per week)
- **Disposable diaper wipes** (alcohol-free) When you are home, try using water on a rag, or run water over the diaper wipe, so you aren't putting chemicals on the baby. Be sure to get the sensitive skin wipes.
- **Diaper rash ointment or cream** (such as Desitin or A&D) Any Zinc oxide ointment is good. You will want 40% zinc oxide if the baby does get a rash. Plan to put ointment or cream on at every diaper change.
- **Petroleum jelly** to apply on circumcision (so the baby's penis doesn't stick to the diaper); You can also use un-petroleum jelly (mostly coconut oil) which they sell at Whole Foods (yellow tube) if you prefer not to use a petroleum product.
- **Pad for baby to lie on during changing**
- **Diaper pail** to dispose of soiled diapers

Layette: Baby's First Clothes

- **6 undershirts** that snap on the bottom or tie on the side, commonly called "onesies" (3 in three-month size and 3 in six-month size)
- **3 to 4 infant gowns** with elastic bottoms or draw strings. These make for easy diaper changes. All you have to do is pull the gown up over the belly to change the diaper and then pull it back down when finished. There is no stumbling around trying to snap the gown back together, which is especially nice when it's 3 a.m. and all you want to do is get baby back to sleep so that you can get back to sleep.
- **6 sleepers/stretch suits** (3 newborn to three-month size and 3 in six-month size). These are nice to put baby in during the day, but are not essential items. When buying these, make sure you get the kind that zip up the front. These are easier to get baby in and out.
- **3 to 4 pairs of booties or socks** with stretch elastic band at cuff
- **3 to 4 receiving blankets**
- **1 blanket** to cover swaddled baby in crib
- **1 sweater and hat**

Bathing Baby: What You Need

- **Your own big bathtub:** You may find it easier to bathe the baby in your own adult-size bathtub. Put about an inch or two of warm water in the tub and get in with the baby. You can use a towel on your lap to keep baby from being slippery. With the baby lying on your lap this way, you have two hands to use in bathing the baby.

- **Baby bathtub** (sloping with foam pad or flat with molded sponge insert) – I think this is a harder way to bathe the baby, since you have to hold onto the baby with one hand and only have one hand left to do the bathing.
- **4 terry cloth bath towels** (hooded towels are OK, but not necessary)
- **4 to 6 washcloths**
- **Tearless shampoo – Unscented!** Read the label and look for one that does not include fragrance at all.
- **Soap.** Look for a sensitive skin product with no fragrance. Adult eczema products often fit the bill better than baby products. Most products that say “baby” on them have fragrance in the ingredients.
- **Brush and comb**
- **Rounded-tip nail scissors or clippers.** Baby's nails grow quickly and can scratch his or her face. Clippers are easier. Please also get a baby emory board so you can file the nails in the beginning.
- **Bulb syringe nasal aspirator.** These are used to suction excess mucus from baby's nose and mouth (the one you receive in the hospital is a keeper!). There are better products than the bulb syringe, such as the Comfy Nose, the Nose Frida, and the Hungarian Snot Sucker (ok, that's just what I call it). You can read about these on my website: <http://fairmountpediatrics.com/HealthInformation.html> -- Look where it says Items you may wish to use for a cold

Washing Baby's Laundry

It is a good idea to wash all clothing and bedding in a detergent or cleanser that is as free of toxins as possible. There are two kinds of cleansers: detergent, and soap. Detergent seems to get clothes cleaner, and you can find some that are free of perfume, such as Seventh Generation, at Whole Foods, or the “free and clear” brands in the supermarket. Alternatively, you can use a soap, such as Dreft and Ivory. Some babies are sensitive to all detergents, perfume-free or not. Unfortunately, I'm not able to find a fragrance-free laundry soap, only fragrance-free detergent, so you will have to experiment to find out if your child is sensitive to detergent or to fragrance or to neither or to both.

Wash all infant clothing, bedding, and towels, prior to first use.

Feeding Baby

- **Your breasts are the first-line here,** unless you are adopting or can't make milk. The majority of women can breast feed successfully, and everyone deserves a try. Plan on working with a lactation consultant when you get home. There's a link to one on my website, or ask your friends who they used. The lactation consultant in the hospital is wonderful but often not enough!
- **Breast pump, with tubing and flanges:** Have it ready to go before you give birth. That way, if there's trouble with the baby getting the milk out of your breasts, you can always pump it out and feed it that way, while you work through the trouble.
- **12 nipples and covers:** If you are going to use formula, or perhaps later, when you pump and feed.
- **1 bottle and nipple brush** for cleaning
- **Dishwasher basket** for bottles and nipples (optional, but makes for easy cleaning)
- **Infant formula and measuring cup** (if you are not breastfeeding). Use the brand recommended by your child's doctor.
- **12 burp cloths**
- **6 bibs**

- **12 bottles.** Even if you are breastfeeding, you will eventually want to have bottles to use for pumped breast milk.

The Diaper Bag

When buying a diaper bag, pick one that has lots of pockets and places to store individual items. Also, keep in mind that your diaper bag often becomes your purse, so find one large enough to keep your wallet, keys, glasses, cell phone, and other items you need for yourself.

It's a good idea to keep this bag packed with the following items at all times so if you need to leave the house in a hurry -- especially if you have to take baby to the doctor unexpectedly -- you'll be ready:

- **5 to 6 diapers**
- **Disposable sensitive skin wipes**
- **Diaper rash cream or ointment**
- **Pad to lie your baby on top of** when changing the diaper
- **Plastic bags** to wrap dirty diapers in until you can find a trash can to throw them out
- **Change of clothes for baby:** Infant onesies, a pair of socks, hat, baby outfit
- **Blanket**
- **2 clean bottles and powdered formula** (if bottle feeding)
- **Burp cloth**
- **Pacifier** (once the baby is nursing well, it's a SIDS prevention factor to use a pacifier)
- **Baby toy** or rattle
- **Sunscreen** for babies older than 6 months

Other Baby Essentials

- **Newborn-size pacifier:** Some lactation consultants recommend not using a pacifier if you are breastfeeding to prevent nipple confusion in your baby.
- **Infant car seat:** This can also be used as a baby carrier. And you can find stroller frames that the infant car seat can snap into so that you don't have to carry the car seat, which can get heavy, at all times. If you decide to get a stroller that your infant car seat can snap in to, make sure you get one that fits your infant carrier.

Discuss the use of over-the-counter medications or treatments with your doctor.

- **Thermometer:** There are many types available. In the first 8 weeks of life, you must take a temperature rectally if the baby is sick or seems to have a fever. Any junky digital thermometer you stick in your baby's butt is a rectal thermometer. Don't spend much money on a thermometer!
- **Calibrated medicine dropper**
- **Pain reliever/fever reducer medicine:** Do not use aspirin! I also do not recommend Tylenol, which is under study to determine if it causes health problems and inflammation. Infant Ibuprofen will be handy after the baby's 2 month vaccines, but please don't use it prior to 8 weeks of life.
- **Wound cream** such as Bacitracin Antibiotic
- **Small bandages.**
- **Sunscreen:** Plan to keep your baby out of direct sunlight except early in the morning and late in the afternoon. If you do want to use sunblock for exposed ankles, etc... you can use any barrier type, which contains just zinc oxide.

- **Pedialyte or Ricelyte** to be used as directed by your child's pediatrician for fluid replacement during diarrhea or vomiting.

Baby Gear: Nonessentials (But Nice to Have)

- **Baby monitor**
- **Swing**
- **Baby book:** Essential if you want to record your baby's firsts.
- **Infant seat:** A "bouncy" seat is great! It gives you a safe place to put baby while you do things for yourself.
- **High chair:** You will use it when baby is 4 to 6 months old.
- **Baby sling or pouch:** These come in handy when you need to have your hands free to get things done around the house, but still carry your baby.