



Baby Essentials

Baby Clothes

One-piece outfits (10-15): Look for one-piece outfits that zip or snap down the front and all the way down the leg; these allow you to change your baby's clothes easily without pulling things over her head. Make sure whatever you buy opens easily at the bottom for diaper changes.

Shirts – or onesies (10-15): Look for T-shirts and turtlenecks with plenty of room in the neck, or snaps at the neck, so they slip easily over your child's head.

Leggings or pull-on pants (10-20): Separates allow you to change one piece of dirty clothing without assembling a whole new outfit.

Outer layers (5): Sweaters, fleece jackets, and sweatshirts that zip up are easy to put on and take off.

Hats: A broad-brimmed sun hat for the summer and a warm hat that covers the ears in the winter.

Socks or booties: Most outfits will have little feet already in the outfit, but it can be good to have a few pair of socks and booties on hand.

Shoes: Although they look cute, you really don't need any shoes until baby starts walking so these can be optional.

Pajamas/sleepers (8-15): There are three things to think about when dressing your baby for bed: your baby's comfort, his safety, and your ability to get to the inevitable middle-of-the-night dirty diaper.

Breastfeeding and Bottle feeding

Nursing/feeding pillow: Specially designed to support your baby while you're nursing or bottle-feeding, these can help you avoid straining your shoulders or neck during feeding sessions.

Bottles (6-12) : Newborns usually start with the 4-ounce size, but you'll need some 8-ounce bottles as your child begins to drink larger amounts.

Bottle brushes (2): These are handy for thoroughly scrubbing small parts and crevices in bottles, bottle parts, and nipples.

Nursing bras: Lactation consultants will recommend waiting to be fitted for a nursing bra until your milk comes in – approximately a couple of days after having baby.

Nursing pads: It's normal for your breasts to leak while you're nursing, and disposable breast pads – or reusable, washable ones – will keep you and your shirts nice and dry.

Breastpump: Your insurance company will cover the cost up to a certain point. Some lactation consultants will recommend a hospital grade pump. These can be rented from the hospital and provide more powerful suction and less time to pump.

Breast milk bags: You can pump milk straight into a bottle, but many women use specially made plastic storage bags, which don't take up much space in the freezer and can be defrosted easily.

Burp cloths (6 to 12): To catch spit-up and wipe up other baby fluids

Highchair: You can either buy a freestanding highchair or a seat that hooks onto a counter or table, or a portable highchair that attaches to a regular chair, can work fine as well – especially if you want to save space.

Bibs (5 to 10): Little cotton bibs for newborns that drool a lot or if during a feeding, milk runs down their chin and neck.

Diapering

Diapers: Your baby probably will go through ten to twelve diapers a day at first, so plan on stocking up. However, they will grow out of the newborn size very quickly so limit the number of newborn size diapers you buy.

Wipes: Whether you plan to buy wipes or use a washcloth and warm water, you'll want to be prepared.

Changing table: You don't have to buy an official changing table, but you'll probably want to have some designated place for diaper changes.

Basket to hold diapers: You will want diapers/creams/wipes within reach since you never want to leave baby unattended on the changing table.

Changing pad: This is the pad that goes on a dresser or changing table to lay baby on for diaper changes.

Changing pad cover (2-3): If you use pads described below, you will only need a couple of these changing pad covers.

Changing pad liners (6-8) : These are small cotton pads that are placed on the changing pad cover to keep it from getting stained. You might launder one of these a day.

Diaper Cream: Some babies will need cream to help clear up a diaper rash or prevent one.

Powder: Choose a powder that is cornstarch based (never use talc). Powder will help to dry out baby's bottom and help prevent diaper rashes. Shake the powder on your hands away from baby to prevent baby from inhaling any of the powder, and then apply to baby's bottom. You could always use a dry washcloth or other means to dry baby's bottom if preferred.

Diaper bag: Pick out a cute one – you will use this a lot. Dad may want his own as well.

Disposable bags for diaper bag: When you are out and about with baby and need to change baby's diaper, there might be a sign posted that asks you to take the poopy diaper with you.

Baby Gear

Stroller: There is a lot to consider when purchasing a stroller. Think carefully about your specific needs: Do you want storage space to make shopping with your baby easier? Do you want a seat that reclines for easy napping? Will you be climbing up and down a lot of stairs? Is having a light-weight stroller important to you? How easy is it to collapse and open? Is there a place for your coffee? Are you or your significant other, tall people that require an adjustable handle? Where will you be using this stroller – jogging or shopping in small aisles where the turn radius is important? Most parents will purchase a couple of different kinds of strollers. (

Car seat: A safe car seat is mandatory. You might want to purchase an extra base if you have two cars that you will be transporting baby in.

Baby carrier: Wearing your baby means your little one gets to snuggle close to you, and you'll have two free hands to tote everything else. A great way to get things done around the house or run your errands.

Bouncy seat: A great place to put baby and know they are safe while you get some things done.

Toys: A few rattles, chew toys, musical toys

Books: Chunky board books are a great way to introduce reading to your baby. (link to two books)

Sleeping

Crib and mattress: Remember to buy waterproof crib mattress and sheets.

Bassinet/co-sleeper/pack-n-play: A portable place to sleep near parents is helpful for the first few weeks or months. Remember to buy sheets and mattress pad for these.

Wearable blankets (2 or 3): These fleece or cotton sleep sacks zip over your baby's sleepwear and keep him warm at night.

Swaddling blankets (receiving blankets) (3): Many newborns love to be swaddled, and having a few blankets made just for this purpose can make your life much easier.

Baby monitor: These gadgets – which come with a transmitter and at least one receiver – allow you to keep tabs on your baby while you're in another room.

Rocking chair: Countless hours will be used in a rocking chair for feedings and bedtime stories.

Bathing and Healthcare

Baby bathtub: many parents will choose a plastic tub with a little sling inside for baby to lay on or there are plenty of 'space saver' options as well that will fit in your sink.

Washcloths (8-10)

Hooded towels (2-3)

Nail clipper/file

Soft-bristled baby brush

Baby soap: Just in case the soap gets in baby's eyes, use a baby formulated soap for bath time.

Digital thermometer/Rectal thermometer: Check with your pediatrician to see what they prefer

Bulb syringe or Nose Frida: When baby is sick, they will need help cleaning out their nose

Infant ibuprofen/Tylenol: Your pediatrician will give you dosing instructions if needed for baby. Nice to have on hand due to unexpected illnesses.

Pacifiers: These aren't a necessity by any means, but for some parents and babies, these soothers are an essential item.

Teething toys: Chewing on these can ease your baby's discomfort during teething.

Breastfeeding accessories: Lanolin ointment can help relieve sore nipples. And hot/cold gel packs, which fit inside your bra, can soothe swollen or sore breasts.

Baby Extras (Optional)

Diaper pail: Dirty diapers will stink up the nursery so having a diaper pail mask these odors is preferable

Baby wipes warmer: Warms the wipes for baby's bottom which some parents prefer

Bumbrush: Unless you want your hands smelling like Desitin and never quite getting that greasy feel off of your hands, you might really appreciate this product on the market.

Portable crib or play yard: A folding, portable crib or play yard can come in handy in all sorts of situations. Use it for overnights at Grandma's or as a safe, contained place for your baby to play at home or while traveling. Many new play yards come with a built-in diaper changing table, a removable bassinet, and even a mobile.

Play mat/gym: These are soft mats with baby toys that dangle from overhead.

Stroller sack: These can be put over your baby's car seat or stroller to keep your little one warm when you're out and about.

Bottle-drying rack: This is a handy, compact place to air-dry all those nipples, bottles, and sippy cup parts after you wash them.

Dishwasher basket for bottle parts: This allows you to run all your small bottle parts (like nipples and nipple rings) through the dishwasher rather than hand-washing them.

Formula container: Perfect to pre-measure formula before you leave the house. Just add water to the bottle and you have an easier time feeding baby while out and about.

Bottle warmer: If a bottle is already made and has been in the fridge, this is one of the options for warming a bottle.

Splat mat: These waterproof mats go under your baby's high chair and protect your rug or floor from food spills.

Infant swing: Each baby is unique in what type of motion they prefer but some babies love a swing.

Activity jumperparoo

Activity center: An activity center (also called a play saucer) keeps older babies propped upright safely in one place while they grab and manipulate various attached toys.

Mobile: These feature moving toys or designs and attach to the crib. Keep out of reach of baby though for safety reasons.

Nightlight: It's nice to avoid turning on a bright light for the middle of the night feedings or diaper-changing.

Lamp: A touch lamp is perfect for dim settings and no noise with switch to wake baby up.

White-noise machine: Many babies sleep better, or fall asleep more easily, with the drone of soft "white noise" in the background.

Lovey or soothing blanket: This used to be called a security blanket and many babies/toddlers use them to soothe themselves or cuddle.