

# BABY'S FIRST WEEKS, WHAT YOU NEED



## BASIC INFORMATION

### DESCRIPTION

The following list suggests the very basic supplies needed to care for your baby. If your budget allows, you can add extra items. Buy ahead of time as much as you need to feel prepared and to care for the baby without feeling hassled. Purchase other items as you need them. Items do not need to be new—just safe and clean. Watch for garage sales, other special sales, or exchange items with family or friends.

### CLOTHING

Adjust the number needed depending on your laundry facilities. Avoid buying large quantities of newborn sizes that your baby will quickly outgrow.

- Diapers, washable—3-4 dozen. (Even if you are using disposable diapers, cloth diapers work nicely as burp cloths, and 1-2 dozen are helpful to have.)
- Diaper pins (if using cloth diapers)—8-12
- Diapers, disposable—12 per day.
- Shirts (tie front or snap)—6-8.
- Sleepers, kimonos, nightgowns—4-6.
- One-piece rompers (above the knees; snap at the crotch; for spring or summer baby)—4-6.
- One-piece stretchies (long pants; with or without feet)—4-6 (fall or winter baby); 2-3 (spring or summer baby).
- Pairs of booties or boot-like socks—4-6.
- Sweaters—2.
- Waterproof pants (if using cloth diapers)—3-4.
- Caps (knitted for winter; brimmed for summer)—1.
- Bunting or hooded jacket (winter)—1.
- Blanket sleepers (winter)—2-3.
- Bibs, washable (protect baby's clothes from spit-up)—4-6

### BEDDING

- Receiving blankets—4-5.
- Flannel waterproof pads—3-4.
- Fitted sheets—3-4.
- Bumper pad—1.
- Lightweight blanket—1-2.
- Quilted mattress pad (optional)—2.

### BATHING

- Hooded towels—2-3.
- Wash cloths—8-12.
- Mild soap—1 bar or bottle.
- Oil or lotion—1 bottle.
- Baby bathtub (optional)—1.
- No-tears baby shampoo—1 bottle.

### BREAST-FEEDING SUPPLIES

- Support/nursing bra—3-6.
- Bra pads—5-6 washable; 2-3 dozen disposable.
- Breast pump (if working or often away from home)—1.

### FORMULA EQUIPMENT/SUPPLIES

- 4 oz bottles, nipples and caps (even if breast-feeding)—4.
- 8 oz bottles, nipples and caps—4-8.
- Extra nipples and caps—2-4.
- Disposable bottle inserts (if using this type)—1 box of each size (4 oz. and 8 oz.).
- Formula (as prescribed) in ready-to-feed, powdered, or liquid concentrate form—1 week supply to start with.
- Boiled sterile water for mixing with powdered or liquid formula concentrate—1 gallon.

### EQUIPMENT

- Crib/bassinet/cradle (one that meets current federal safety standards) with mattress—1.
- Changing table (optional)—1.
- Diaper pail with cover—1.
- Fever thermometer—1.
- Diaper bag for supplies—1.
- Infant carrier/car seat—1.
- Bunting or hooded jacket (winter)—1.
- Stroller (optional)—1
- Baby swing (optional)—1
- Rocking chair (optional)—1
- Portable crib or playpen (optional)—1
- Intercom or baby monitor—1
- Soft carrier or backpack (optional)—1.

### OTHER

- Rubbing alcohol/cotton balls for cord care—1 bottle/1 package.
- Petroleum jelly (such as Vaseline) for lubricating rectal thermometer and for circumcision care (if applicable)—1
- Sterile gauze pads (if baby is a boy and will be circumcised)—1 package.
- Ointment for diaper rash (such as A&D Ointment or Desitin)—1 tube.
- Diaper wipes—1 box (Use soft, cotton washcloths and water, or cottonballs and water, for diaper changes for the first couple of weeks.)



## NOTIFY OUR OFFICE IF

You have questions about what you need or don't need for your baby's first few weeks.