



PREPARING FOR CHILDBIRTH

Baby Supply List

Bed

- Crib
- Bassinet (optional)
- 2-4 sets of bed linens for crib or bassinet
- 3-6 receiving blankets
- 1-2 blankets for warmth
- 2-4 waterproof pads for crib, lap, and diaper-changing area

Diapers

- 4 dozen cloth diapers, diaper service, or disposable diapers (newborns use about 90 diapers per week)
- 6-8 waterproof wraps or pants for use with cloth diapers
- 3-6 washcloths to clean baby when diapering
- Diaper wipes
- Diaper pail (if using cloth diapers)
- Diaper rash ointment (ask caregiver about what to use)
- Changing table (optional)

Bath

- 2-4 hooded towels or soft towels
- 6-8 baby washcloths
- Baby soap and shampoo
- Baby bathtub (optional)
- Cotton swabs for umbilical cord

Baby Clothing (some large babies are born too big for newborn-size clothing)

- 4-8 undershirts or "onesies"
- 3-6 gowns or stretch suits with feet
- 2 blanket sleepers (depends on season)
- 1-2 sweaters (depends on season)
- 1-3 pairs of booties or socks
- Hats: 1 knit hat for newborn, 1 appropriate for season (sun hat, warm hat for outdoors)
- Dresser (optional)

Travel

- Car seat (mandatory in most states and provinces)

Baby Equipment (optional, but come in very handy)

- Thermometer (blunt-tipped or one designed for babies)
- Baby sling or front pack
- Carriage or stroller
- Baby swing
- Large exercise ball (birth ball)
- Blunt-tipped nail scissors or baby nail clippers
- Massage oil
- Mobile