



Preparing for a baby

The following checklists should help you to get organized as you prepare to welcome a new member into your family. Don't be overwhelmed by a long shopping list of "things" for your baby. Most of what your baby really needs you already have - warm and loving hearts, strong arms and endless patience. Enjoy preparing for your new baby, but remember what your baby needs most is being with YOU!

First Wardrobe

- ❑ 6-8 cotton sleepers
- ❑ 4 pairs of booties or socks www.sockons.com
- ❑ 6 receiving blankets, large size to swaddle (42x42) or
- ❑ 6 specialty blankets
 - Miracle Blanket® www.miracleblanket.com
 - Swaddle Me® www.summerinfant.com
 - HALO Sleep Sack® www.halosleep.com
- ❑ 5 half T-shirts (till cord falls of)
- ❑ 6 onsies; T-shirts that snap between the legs (after cord is healed)

Seasonal Clothing

- ❑ Hats 1 Summer: lightweight hat with brim to block the sun
1 Winter: heavyweight hat that covers ears and ties under chin
- ❑ Blankets
 - ___2 winter (fleece blankets for tucking around car seat)
 - www.livestrong.com/article/492562-the-safety-of-baby-bunting
- ❑ Winter play: fleece snow suit with attached mittens and booties

Diapering needs

- ❑ 4 packages of disposable diapers (need approximately 150 diapers for 2 weeks)
 - ___2 newborn size
 - ___2 size 10-12 lbs.
- ❑ 4 boxes of unscented, alcohol free, diaper wipes
- ❑ 1 tube of diaper rash cream high in zinc oxide (first check your Pediatrician's recommendation) *I recommend Aquaphor® ointment initially
- ❑ diaper pail, diaper genie® or diaper champ®
- ❑ plastic bags to dispose of dirty diapers

Bedding

- ❑ 2 water proof mattress pads for crib
- ❑ 3 fitted crib sheets
- ❑ 3 fitted cradle or bassinet sheets
- Reminder: NO loose blankets, comforters, crib bumpers, pillows or stuffed animals in crib. www.firstcandle.org
- ❑ black & white mobile to hang above crib/ black and white development toys
- ❑ exercise mat for tummy time

Bathing Supplies & Necessities

- ❑ 6 washcloths
- ❑ 4 terry-cloth towels w/ hoods or use large adult sized towel to cover head after bath, and to lay on for sponge baths
- ❑ mild unscented baby soap & shampoo (Dove is usually recommended, but check with your Pediatrician)
- ❑ Eucerin® cream for dry skin
- ❑ baby bath tub
- ❑ baby nail scissors, clippers & baby nail file
- ❑ baby soft brush & comb
- ❑ sterile cotton balls
- ❑ sterile alcohol wipes
- ❑ nasal aspirator
- ❑ antibacterial ointment
- ❑ digital thermometer, check on your Pediatrician's recommendation
- ❑ 1 tube unscented petroleum jelly (3 tubes if you are planning to have baby circumcised or 3 tubes Bacitracin® depending on your physician's preference)
- ❑ 3 bottles of Purell ® hand sanitizer with moisturizer, in pump
- ❑ 2 boxes sterile 3x3 gauze pads for circumcision
- ❑ mild unscented laundry soap
- ❑ Clorox ® disinfectant wipes to clean baby equipment

Nursery Equipment / Furnishings

- ❑ crib w/ firm mattress
- ❑ bassinet or cradle for parent's room
- ❑ changing table w/ 4 changing pad covers in nursery
- ❑ sleep area and changing station on first floor
- ❑ rocking chair or comfy lounge chair that rocks
- ❑ bouncy seat/baby swing
- ❑ footstool to elevate legs while nursing
- ❑ high chair when baby is older (6 months)

To Take Baby Out

- ❑ car seat installed & inspected 240-777-2222 or www.montgomerycountymd.gov/content/frs-safe/resources/parents/carseatfaq.asp
- ❑ diaper bag
- ❑ stroller

Breastfeeding Moms

- ❑ 3-4 supportive nursing bras or sports bras(not underwire)
- ❑ 3-4 sets cotton nursing pads not disposable
- ❑ 1 tube pure lanolin cream
- ❑ nursing pillow
 - Boppy® or My Brest Friend®
- ❑ Double electric breast pump, if returning to work

**Other supplies may be needed in the early days to help obtain a good latch-on technique. Guidance will be given by your lactation consultant

Breastfeeding Resources

La Leche League groups provide telephone assistance by volunteer leaders and free monthly meetings for support. www.la lecheleague.org

Medela is a worldwide recognized breastfeeding product and service company. You can submit breastfeeding and pump related questions to www.medelabreastfeedingus.com or call 1-800-435-8316.

www.Kellymom.com provides support and evidence based information on breastfeeding, sleep, and parenting.

At MedStar Montgomery Medical Center, the Mommy and Me Club is a great way to get together with other new moms as they navigate parenthood. Topics discussed include: breastfeeding support, sleep issues, infant massage, understanding your baby and safety concerns to name a few. Working Moms and Breastfeeding is another program geared for moms returning to work who wish to continue with breastfeeding. www.medstarmontgomery.org or 301-774-8881 to register.