

SUMMER'S BABY LIST

DIAPERING

Changing Table - It will be helpful to have one changing station upstairs and one downstairs if you live in a two-story house.

Diapers – We suggest **Coterie they will deliver**. We recommend buying a total of about 100 Size Newborn (Size N) diapers, as these go up to 10 pounds and will be a good start for most families. We also suggest buying at least 200 sizes of diapers, up to 14 pounds. Two hundred diapers for one baby will last about 2-3 weeks. If your baby is premature, Huggies® has preemie diapers (Size P) for babies up to 6 pounds.

Diaper Pail - None of those fancy diaper pails keep the odor of dirty diapers from staying in the room. Your best bet is to buy a plain, small trash can with a “flip-top” lid and empty it daily. If you want an upscale diaper pail, we suggest the Diaper Champ because you can use regular trash bags. Some require unique bags, which are an added expense and not easy to replace if you run out of them.

SUMMER'S SLEEP

Changing table pads are small, square, waterproof pads measuring about 12x12. They go on top of the changing table pad, directly under the baby. This way, in case of an accident during a changing or if it's a particularly messy changing, you only have to throw the small pad into the dirty clothes, and you don't have to remove the entire changing table pad cover! You could also get the disposable kind.

BATHING/HYGIENE

Nail clippers - get a good set with a large, bulbous end to make grasping them easier. There are a few choices on the market, ranging from the standard issue to something cute (looks like a bee or ladybug). You can use the clippers that have the magnifying glass. Don't bother with baby nail scissors; they're hard to use. Also, be sure and get some baby emery boards; they're less stressful than clippers!

Nasal Aspirator - Although you will probably receive one from the hospital, please buy one anyway. This can be a lifesaving tool during the first few weeks. Be sure to get the large bulb syringe type-usually blue, but sometimes green or white- that comes apart for cleaning, not the tiny nasal one.

Saline drops - This is especially important if your baby is a preemie or is born during the winter months.

Mylicon drops or Gripe Water – It is valuable to have one of these on hand. We **prefer a more natural product, Gripe Water**. Mylicon drops are commonly used but are chemical based, and we do not recommend them. Personally, I would suggest you get colic calm or colic ease, both available online at www.colicease.com.

Thermometer - Get a rectal 20-second reading thermometer with an over-insertion gauge; ear thermometers aren't accurate; thermometers without stoppers are stressful. Our favorite is **Hospital's Choice 20-Second Digital Rectal Thermometer**, available at Babies R Us and Target. You'll also need a Vaseline or KY Jelly tube and some thermometer covers.

Bathtub – **If Mom will use a bathtub**, get something cheap and basic. The main thing is that it has a drain in the bottom. We do not recommend folding bathtubs because water leaks at the “folding points.” **Personally, I always bathe in the sink and will be happy to show you a 'no cry' method of bathing.**

Infant towels - It's worth the money to purchase high-quality, thick, terry cloth baby towels. In the beginning, however, using a cheap thin bath towel is much easier, or the baby can get lost in the towel.

Infant washcloths - We prefer thin, cheap ones! We don't usually use a washcloth to bathe the baby, but more to wring water over him/her, pour water over his/her, or put it on his/her tummy and pour water over it. However, these washcloths do come in handy for lots of other uses, such as covering a penis during diaper changes and using in place of baby wipes for nasty rashes.

Liquid baby soap - Go natural with anything you put on the baby's skin. We recommend **Avalon, Aubrey's, Burt's Bees, or Healthy Timez**. We recommend getting a pump bottle because it's easier to pump something with one hand when holding the baby with the other hand.

FEEDING

Formula – This is at the parents' discretion.

Bottles – We prefer the Dr. Brown bottles. They are also very easy to clean and work with. Be sure to get SLOW FLOW nipples and a few fast-flow ones. If you have multiples, buy two or four colors (bottles are clear, but the nipple rings are colored) and assign them to each baby. This will help reduce confusion about which bottle is whose, especially when sleep-deprived! Please do not use Avent bottles. These bottles are horrible, despite what your friends may tell you. They are wrong about leaking if you don't get the nipple screwed on, and they do nothing to prevent air from getting into Baby's tummy.

Bottle Warmer - These make life very easy if you choose to prepare all of the day's formula at once and store it in the refrigerator or if you have breast milk stored in the refrigerator. I like **First Years Night and Day Bottle Warmer** and recommend having one for the kitchen and one for the nursery unless your nursery is very near your kitchen. This bottle warmer stores two chilled bottles on the "cold side" and then warms them in the warmer when you're ready to use them. **Alternatively, you could prepare bottles as you go; in this case, you can use room-temperature purified or, better yet, distilled water, and you do not need a bottle warmer.** If you have multiple babies, we do not recommend purchasing this warmer or one for each baby so that you can keep two bottles chilled for each baby through the night.

Bottle/Nipple brush - If you are using Playtex disposable bottles, you will only need a nipple brush and not a bottle brush. If you buy the **Dr. Brown** bottles, I will buy the cleaning brush recommended for those bottles.

Bottle sterilizer - This isn't necessary if you use your dishwasher to wash and sterilize your bottles. However, if you plan to wash bottles by hand, the **Avent sterilizer** is the most convenient sterilizer we've found. You can also buy sterilizer bags which are very handy and convenient. (Yes, it's the only Avent product we like!)

Bottle drying rack. This comes in very handy. **Grass Countertop Drying Rack**

Burp cloths – Your best bet is to buy a package of regular cloth diapers to use as burp cloths. We have seen these used later as security blankets, which is nice because it is easily and quickly replaced if one gets dirty. No having to wait for the blankie to come out of the dryer!

Bibs - Many babies dribble a lot when eating, and formula stains everything. If your baby takes formula, please have at least a dozen very small bibs that Velcro or snap closed (not tied).

CLOTHING AND BEDDING

Please remember: You should wash and store at least four gowns, four onesies, four pairs of socks, four swaddling blankets, and one crib sheet **BEFORE** your baby is born to be ready to use when the baby arrives home. You should only wash some of the baby clothes you have received because you might need to return some. Between pooping and spitting up, it is not uncommon for the baby to go through 3 or 4 outfits on the first night home from the hospital.

PLEASE NOTE: You should have about 25%, 0-3 months, and 75%, 3-6 months clothes. However, if you are expecting multiples or your baby arrives prematurely, you should have about 50%, 0-3 months, and 50%, 3-6 months. You will want a few preemie outfits for tiny preemies, but they grow out of these very quickly.

Newborn gowns are a must for all newborns, especially at night. You don't want to fumble around with snaps when the baby cries on the changing table in the middle of the night. And even during the day, gowns are much more accessible than any other clothing item because babies need about 12 diaper changes daily for the first few weeks. Try to find gowns with elastic at the bottom rather than a drawstring, and only buy size 0-3 months or size N (newborn). When they are big enough to wear something more significant, you'll be tired of seeing them in gowns!

Sleepers (long sleeves and long legs) While these do keep your baby warm, you will mainly want to use these during the day because of all the snaps. Look for the ones that snap or zip to the feet so you don't have to 'stuff' the baby's feet into the sleeper. (Child Time has the ones that zip from neck to feet and have them in "preemie" as well.)

Socks are only necessary during the cold months or if you keep your house pretty chilly during the summer.

Newborn hats - You only need this if your baby is premature. They have difficulty regulating their body temperature, so a hat helps keep them warm in the first few weeks.

Receiving blankets - This is a MUST-HAVE item. PLEASE allow us to guide you here. The receiving blankets you find at most baby stores or in baby departments are not conducive to swaddling. They are too small and will not keep your baby swaddled past about 7 pounds.

Swaddle Me, Halo sleep sack, or miracle blanket. We recommend that you buy at least four (4) swaddling blankets.

Sleep sack - You will not need this until the baby is at least a few months old, so don't buy it until you need it; just be prepared for it. The baby can be swaddled for the first few months. The sleep sack zips up the front and has no arms. It is a safe alternative to a blanket to keep your baby warm at night.

Crib sheets - Have at least three sheets per crib. You'll need one on the bed, one in the closet, and there will always be one in the laundry. We don't recommend the jersey sheets (they feel like a T-shirt) or anything that is too inexpensive, as these types of sheets don't fit the crib very well, and the babies can pull at them easily. Your sheets should be relatively plain, with a design that is not too busy. Some babies are visually stimulated, and busy designs make sleep training more challenging. **A note about co-bedding twins: AAP guidelines suggest babies should be in separate bassinets or cribs from the beginning.**

Crib sheet savers - These should be called life savers! Changing crib sheets is a gymnastic event, so get at least three sheet savers. They are removed easily if the baby spits up on them. These are terry cloth pads that tie onto the crib. Don't get the plain, waterproof pads for the bed because the baby can accidentally grab them and get them stuck around his face.

Mobile – I would recommend not buying a mobile. If you have a mobile, it's best over the changing table.

LAUNDRY

Detergent - I recommend that you start using Organic detergent.

Small sock bag - As you know, washers and dryers are sock eaters, and they seem to love baby socks, so I recommend buying a small sock bag to use when washing baby socks.

GADGETS & FURNITURE

Crib - **You should buy something** new or borrow from someone who has had a baby within the last few years. Safety standards have changed on cribs, so the newer, the better. Slats should be no more than 2 3/8" apart. Paint should not be lead-based. Side rails should have a plastic teething guard. There should be no cutout areas on the headboard or footboard. For more crib safety standards, see <http://www.nsc.org/library/facts/cribtips.htm>.

Changing table - **Some changing tables on the market today** have a raised shelf at one end. These are beautiful but not very functional because as your baby grows, the changing table will not be long enough to accommodate his legs, and he will end up kicking that raised shelf (and anything on it!) I prefer a changing table with drawers instead of the open ones with just two or three shelves underneath, but anything will do.

Baby Monitor - a necessity. If you have twins, you'll need two monitors. I love the I like this product to monitor the whole crib.

Chair – a necessity. As with receiving blankets, PLEASE allow us to guide you here. It would be best to have a stuffed glider with a relatively high back (so you can lay your head back) and a stationary ottoman that does not glide. Fussy, colicky babies respond well to rocking motions, so you need a gliding chair. This chair should be where you feed your baby, at least during the night hours, if not every feeding. This chair should be very comfortable because you will spend lots of time in it. There will likely be nights when you must hold your baby and sleep in it. Ensure that the ottoman is large and as tall as the chair seat so that when your legs are on it, they are straight out and not at an angle. Regular gliders are a popular option because the gliding motion is so comfortable. Please do not let these chairs fool you; they are uncomfortable when holding a fussy or hungry baby. It would be best if you had something significant and stuffed. It will work if you have a recliner, but you prefer a chair in the baby's room if space allows. We strongly advise against regular rockers because they tend to move, and you must constantly put them back in their place. Also, they are very uncomfortable. If I were on a budget, this is where I would spend the bulk of my money. It is that important. Please visit www.poshtots.com and look at their chairs.

Small table – a necessity. You will need a small table to put beside the chair in the nursery. The table should be large enough to house a small lamp, a clock, a picture frame, and a bottle (for a while, you're burping the baby).

Night light - Something with an actual bulb instead of the “glowing” night lights. I do not recommend purchasing a nursery lamp because they put out entirely too much light. However, if you must have a lamp, you will want a 7.5-watt bulb. They can be challenging, but I have seen them at Wal-Mart, Target, and drug stores such as Walgreens. After the first four weeks, the Baby must associate his crib and dark room with sleep, and a lamp is too bright. The night light needs to be bright enough and near enough to the changing table to let you see what you are doing without turning on any other lights. You will also need a night light for any areas where you (or I) will be at night, such as hallways, bathrooms, kitchens, master bedroom (if Baby is in there with you), etc.

Pacifiers - All babies have a strong sucking reflex, so please have a few pacifiers on hand to help him/her through fussy periods and those times when he needs non-nutritive sucking. Although lactation consultants may tell you not to give a pacifier to a nursing baby during the first few weeks, we have never had a client have a problem with this. Many lactation consultants believe you should act as the pacifier should your baby need to suck. The hospital may give you whatever your baby used while he was there. Many hospitals are using the **Soothie** brand of pacifiers, which are just wonderful and are what I recommend. You can purchase them at Wal-Mart, Target, or online. If you do not choose to use a Soothie for safety reasons, please choose a pacifier that is of a one-piece design. At least one pacifier should be boiled for 5 minutes, air-dried, and stored in an airtight container before the Baby is born.

Our general philosophy is not to use a pacifier unless absolutely necessary, as they can get addicted to them, and breaking the addiction is hard. You do not want to put the pacifier in their mouth whenever they spit it out.

Bassinet - We believe that a baby should begin sleeping in his/her own crib in his own room the very first night he/she is home. If you want to use a bassinet, we won't insist otherwise, but remember that the longer you use it, the more difficult it will be for a baby to learn to sleep in his own crib.

Bouncy seat - a necessity. You can get one that does or does not vibrate, but a bouncy seat is an excellent seat for baby during his awake time. It also works well to feed twins.

Swing - After the first few weeks, a swing is another great place for the baby during his awake time. You must not have this item for the first four weeks. You may want more than one swing if your house is large or has two or more stories.

Feeding pillow (Boppy pillow) - a necessity. Boppy pillows are versatile, making feeding much more comfortable for you. We recommend that you get the **Boppy Luxe**. The cover is removable, made of fleece, and very soft on the skin! If you are breastfeeding a singleton, there is a product called **My Brest Friend**, which is lovely. You'll have to find it online; we haven't seen it in stores. And if you are nursing twins, we recommend the **EZ to Nurse Twins Foam Nursing and Bottle Pillow**. This pillow is expensive (nearly \$70), and it's not great for bottle feeders, so we only recommend it if money is not an issue or if you are sure that you will be nursing for many weeks to come.

White noise machine - a necessity. Yogasleep mini travel sound machine is ALL you need.

Nursery clock - a necessity. Whether you are nursing or bottle feeding, you will need to know what time it is when you start and finish each feeding. Unless it is a wall-mounted clock, please get something that lights up in the dark.

Pump- I recommend the Spectra pump. Hands-free breast pump bra- Target. The willow is hands-free.





travel



necessities





bath



clothes





toys



