

Baby Shopping Checklist

This is a list of some suggestions to help you get started in shopping for your nursery and baby supplies.

Nursery

- | | | |
|--|--|--|
| <input type="checkbox"/> Crib | <input type="checkbox"/> Crib Mattress | <input type="checkbox"/> Crib Bumpers |
| <input type="checkbox"/> Bassinet/Cradle | <input type="checkbox"/> Bedside Sleeper | <input type="checkbox"/> Dresser |
| <input type="checkbox"/> Changing Table | <input type="checkbox"/> Diaper Pail | <input type="checkbox"/> Glider/Rocker |
| <input type="checkbox"/> Bookcase | <input type="checkbox"/> Lamp | <input type="checkbox"/> Rug |
| <input type="checkbox"/> Curtains | <input type="checkbox"/> Paint | |

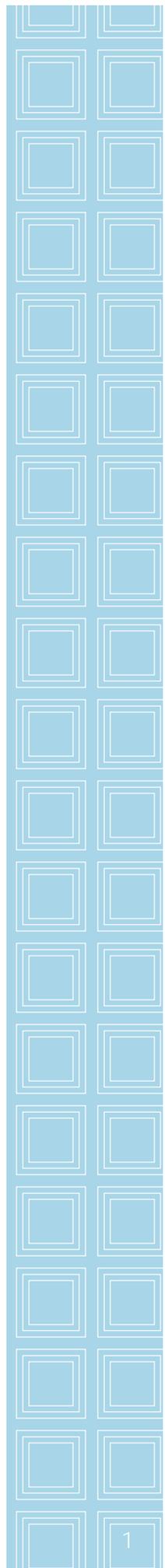
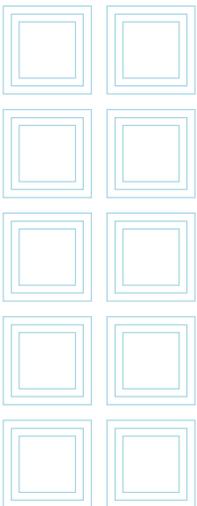
Supplies

- | | |
|--|--|
| <input type="checkbox"/> Diapers | <input type="checkbox"/> Diaper Ointment/Cream |
| <input type="checkbox"/> Wipes | <input type="checkbox"/> Cotton Balls |
| <input type="checkbox"/> Baby Soap | <input type="checkbox"/> Baby Shampoo |
| <input type="checkbox"/> Baby Oil | <input type="checkbox"/> Baby Nail Clippers/Scissors |
| <input type="checkbox"/> Baby Brush/Comb | <input type="checkbox"/> Burp Cloths |

Other

- Car Seat—To keep your baby and young child safe, always use a child safety seat (car seat).

When the big day comes, be prepared!



Nursery Checklist

- Crib:** You don't have to buy a new crib, but make sure the one you're using meets current safety standards. Look for one that's sturdy enough to last through the two or three years your child will be in it.
- Crib Mattress:** An innerspring mattress will usually last longer than a foam one, but it will also be heavier and more expensive. Regardless of your choice of mattress, be sure that it's firm and fits snugly in the crib.
- Crib Bumpers:** If you want bumpers to protect your baby from bumping up against the crib rails, be sure to get bumpers that fit the crib snugly and attach firmly to the rails.
- Bassinet/Cradle:** These can be used only for a few weeks or months. If you decide to use one, make sure to get one that has a somewhat firm mattress, rigid sides, and meets all current safety standards.
- Bedside Sleeper:** A "co-sleeper" has a high padded rim on three sides and one open side that fits flush against your mattress, and allows easy access to baby.
- Dresser:** Look for one that's sturdy and solid, won't tip, and (if painted) is free of lead paint.
- Changing Table:** Look for a sturdy table with safety straps, a washable pad, and storage space (convenient for you, out of your baby's reach) for diapers, wipes, and creams.
- Diaper Pail:** For disposables, there are pails that tightly seal dirty diapers with a plastic liner, or more economical models that use regular trash bags. Cloth diapers require an easy-to-wash pail with a tight-fitting top.
- Glider/Rocker:** There are traditional rockers or horizontal motion gliders, whichever you choose try it out first to make sure it's comfy.
- Bookcase:** If you decide to have a bookcase in the baby's room, you'll want one that's tip-proof, sturdy, and free of sharp edges. If it's painted, make sure the paint is lead-free.
- Lamp:** Choose a lamp with a UL label, with a switch that's easy to find and use in the dark.
- Rug:** If you are placing a rug in the baby's room be sure to see if a rug pad is necessary. You want to make sure the rug is secure and won't slip when walked on.
- Curtains:** Avoid styles with long tiebacks or cords, which can pose a strangling hazard (cut cords short on blinds and shades, or get cord roll-up kits from a babyproofing catalog). Flame-retardant fabric is recommended too.
- Paint:** New paint is lead-free, but what's on your walls now may not be. If you have an older home, or if the existing paint is cracked or peeling, consider a lead test before you decide how to deck the walls.



Supplies

- Disposable Diapers:** Buy three packages of newborn size to start; they come 40 in a package, so that should last at least ten days. Have on hand lots of the next size: 8-14 lbs.
- Cloth Diapers:** If you decide to use cloth diapers, home-delivery is usually easier than home-laundered diapers. Start with 24 to 60 pre-folded cotton diapers, liners, and four covers.
- Cloth Diapers/Burp Cloths:** Buy one to two dozen cloth diapers for protecting your shoulders when burping your baby, to protect sheets when the baby spits up, or for emergency bibs.
- Diaper Ointment/Cream:** There are several different ointments and creams to choose from so ask your baby's doctor or the hospital what is recommended.
- Wipes:** Use them for diaper changing, hand washing, and cleanups.
- Cotton Balls:** Buy a couple of bags. Use them to clean baby's umbilical cord and eyes during bath time.
- Baby Soap/Liquid:** Find a gentle formula and use sparingly.
- No-Tears Baby Shampoo:** You may be able substitute no-tears baby bath for shampoo in young infants.
- Baby Oil:** This helps to gently clean a sore bottom, and is sometimes prescribed for cradle cap.
- Baby Nail Clippers/Scissors:** Your baby will probably need a manicure soon after being born. Buy a special baby-size pair because adult pairs are too sharp.
- Baby Brush/Comb:** Use a wide-toothed comb for hair that's wet and tangled.

