

New-Baby Basics

The birth of a baby brings a change in life-style. Before your baby arrives, take time to plan and prepare for your new life. It will help relieve stress when you bring your baby home from the hospital.

When you shop, keep in mind that babies only need the basics. Work within your budget. Do not over-spend. As you buy and prepare, always keep the baby's health and safety in mind.

Your newborn will need:

- **A safe place to sleep.** Buy a crib that *meets today's safety standards*. The crib could be placed in baby's own room, a sibling's room or in the parent's room.
- **Clothes.** To save money, borrow newborn clothes from family and friends. Your newborn grows quickly. When your baby comes home from the hospital, she will need:
 - 5 or 6 onsies (undershirts)
 - 5 or 6 one piece outfits with feet
 - 3 or 4 pajamas or night gowns, and
 - 1 or 2 sweaters, hats and socks.Buy some 3 to 6 month size clothes. Your baby will soon grow into them.
- **Diapers** – cloth, disposable or both. You will change up to 12 diapers a day.
- **Storage for clothes, toys and books.** You can use a dresser, open bins or both. Organize your baby's items. It saves you time.
- **A safe infant car seat and carrier.** Have an expert help you install your infant car seat.
- **Stroller.** The stroller will need to fully recline until your baby can support his head.

You need other baby-care basics such as:

- A breast pump – especially if you work outside the home,
- Bottles and nipples (fewer if you breast feed),
- Baby nail clippers,
- A digital ear thermometer,
- A nasal suction bulb, and
- Baby wipes.

A well stocked diaper bag should include:

- Diapers
- Diaper pad
- Bag for dirty diapers
- Cleaning wipes – for cleaning surfaces like high chairs and shopping carts
- Baby wipes – to clean baby
- Diaper rash cream
- Toys, rattles and extra pacifier
- An extra set of clothes
- Bib



Brought to you by Parent Help Line at HSHS St. John's Children's Hospital to help keep kids safe, healthy and happy.



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

 **Children's**
HSHS St. John's Hospital