

# 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](http://www.parenthelpline.org)

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 **Children's**  
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