



10 Essential Baby Supplies



Preparing for the arrival for your baby can be overwhelming, deciding what to buy, how much to spend, and finding the safest, most convenient items available. The following list will offer suggestions and get you started in your shopping.

1. Infant Carseat

Car crashes are the NUMBER 1 causes of accidental death. Infant carseats are designed to be REAR facing and by law must be used until a child is 1 year old AND weighs 20 lbs.

2. Infant Crib

Reduce the risk of SIDs (Sudden Infant Death Syndrome), place your baby on her back to sleep, and avoid pillows and toys in the crib. If a soda can fit through the slats, so can your baby's head.

3. Infant Bathtub

Buy a sponge lined bathtub or use a plastic dishpan, or kitchen sink (but beware of hot water and other possible dangers.) Fill only 2 inches with water during bathtime.

4. Bottles and Nipples

Clear plastic bottles are worth the extra money because they don't break and you can see how much liquid is in the bottle. You may also need a funnel to make the formula.

5. Diapers & Diaper Bag

You may go through 10 diapers a day for the first few weeks. Disposable diapers cost more (.20 vs .12) than cloth, but they are more convenient and are better at containing messy BMs.

6. Pacifier

Look for nipples made of silicone rather than rubber, they last longer. Frozen or chilled pacifiers can also help sooth teething pains.

7. Nasal Suction Bulb

Suction bulbs allow you to clear your infant's airway of mucus. Look for bulbs that have a blunt end, rather than a long tip and have a clear plastic tip that can be easily removed and cleaned.

8. Thermometer

A rectal thermometer is used for babies. Regulate body temperature with clothing and fans.

9. Humidifier

A humidifier in dry and winter climates will help improve the air in your child's room.

10. High Chair

Once an infant can sit upright and begins solid foods, a high chair is needed. To prevent tipping, look for a chair with a wide base. Also, be sure the tray is adjustable.