

WHAT TO BUY FOR BABY CHECKLIST

No need to spend a bundle on newborns. Here are the essentials that you'll want on hand before baby arrives. **Asteriks mark the newborn essentials**, others are nice to have, or can be added later. Check off items received as baby gifts and 'hand me downs', then purchase the rest as you need.

Need **Nice** ***FEEDING* (DECIDE BREAST FEEDING AND/OR BOTTLE FEEDING)**

[More Info Online](#)

IF YOU'RE PLANNING TO BREAST-FEED:

- Nursing Bras. 3 to 5 should be enough. Size changes, so start with one that fits, then about two weeks later the size has settled down, buy the rest. Buy a sleep/loungewear bra for the early days of nursing. You'll probably wear your nursing bra and pads round the clock to control leakage.
- A box of washable or disposable breast pads
- Breast pump if you expect to use one (manual or electric); go with a double electric breast pump if you'll be returning to work
- To supplement breast-feeding with an occasional bottle, one or two bottles may be all you need. Six 4 to 8 ounce bottles is a good start.
- Nursing pillow
- Milk storage bags
- Nipple cr me

IF YOU'RE PLANNING TO BOTTLE-FEED:

- Bottles (ten to twelve 4 to 8 ounce, plus nipples and rings)(baby will use around ten 4 ounce size a day)
- Three packs of cloth diapers or burp cloths
- Formula (consider individual packs for 'just in case' if breast feeding)
- Insulated bottle holder for diaper bag (the hospital may give you one)
 - Bottle-drying tree (or dishwasher)
 - Bottle cleaning brush
- High chair
- Bottle warmer (mostly to save night-time kitchen trips)
- Bottle sterilizer (dishwasher is generally good enough after boiling new bottles)

***DIAPERS* (DISPOSABLE, CLOTH, ALL IN ONE)** [More Info Online](#)

DISPOSABLE DIAPERS:

- Disposable Diapers (One 40-count package of **newborn** if under 8 pounds or **size-1** if over 8 pounds, then buy in volume after you find the brand you like best. Estimate 10 changes a day to start. If using cloth diapers get some disposables for emergencies.

CLOTH DIAPERS:

- Cloth Diapers(no folds, prefolds, or fitted - 2 or 3 dozen to start)
- Waterproof Diaper Covers (6 to 10)

ALL IN ONE DIAPERS:

- All in One Diapers (12 to 16 to start) (these are the latest in diaper systems, built in fasteners, replaceable diaper inserts, eco friendly)

EITHER WAY:

- Diaper pail (with refills or bags as needed, outdoor covered container good for disposables)
- Mild laundry detergent

NURSERY [More Info Online](#)

- *Crib, cradle, or bassinet* (a basket can be moved to any room to keep baby nearby, and one grandma suggests even a large box will do in the beginning)
- *Crib mattress fitted to crib*
- *Two to three fitted crib sheets*
- *Four to six receiving blankets for swaddling baby*
- Two or three water resistant and washable mattress pads
- Baby monitor
- Changing table with sides (really only need a pad or towel on the bed/table/floor...)
- Music box
- Crib mobile
- Night light
- Toy basket
- Bouncy chair or swing
- Heavier blankets as required

TRAVEL [More Info Online](#)

- *Infant or convertible car seat*(be wary of second hand – inspect carefully – must not have been in accident, get the best one you can afford)
- *Diaper bag*(best advice is to ‘think small’ with many pockets, your hands will be busy with baby, big bags get full and heavy)
- Stroller (infant compatible, maybe convertible for toddler later)
- Baby carry sling or pack (might be more convenient with newborn)

BABY CLOTHES [More Info Online](#)

- *Four to six one-piece undershirts that snap around the crotch*.
- *Four sleep sacks or one-piece sleepers with attached feet*(recommend zip in front)
- *A small baby cap* (although the hospital will probably give you one)
- *Six pairs of socks/booties*
- *Two to three soft, comfortable daytime outfits.* Get only a few items in newborn size. Follow up with 3 or 6 month size. Baby grows quickly. Note that Baby sleepwear that is too big is a safety hazard.
- Six side-snap T-shirts
- Cotton sweater or light jacket
- Mittens to prevent scratching (well, some experts say not as baby won't learn touch)
- Mild laundry detergent (infant safe for tender baby skin)
- Baby in Summer:**
- Brimmed hat
- Swimsuit in summer
- Baby in Winter:**
- Fleece suit or heavy bunting
- Heavy stroller blanket
- Warm knit toque

GROOMING [More Info Online](#)

- *Baby Hairbrush*
- *Pair of blunt-tip scissors or baby-sized nail clippers*
- Zinc-oxide-based diaper rash ointment
- Soft comb

BATHING [More Info Online](#)

- *Baby Soap*
- *Baby Shampoo*
- *Two packs of baby washcloths* (different pattern or color than diaper cloths)
- Plastic infant bathtub (sponge bath only for first couple of weeks, a sink or laundry tub lined with large towel will do later)
- Three soft hooded towels
- Unscented baby body wash that doubles as shampoo

MEDICINE KIT [More Info Online](#)

- *Cotton pads/swabs* (no swabs in nose or ears)
- *Nasal aspirator bulb syringe*
- *Baby thermometer*
- *Petroleum jelly*
- *Disinfecting hand soap* (for you after handling diapers)
- *Medicine dropper or measuring spoon*
- *Rubbing alcohol* (for newborn umbilical cord)
- Antibiotic cream
- Saline nasal drops
- A pain-and-fever reducer recommended baby's doctor, such as Infants' Tylenol (NO aspirin, NO cold medicines, always consult the doctor with newborns)

HAPPY BABY [More Info Online](#)

- Pacifiers (newborn size to start)
- Baby Book (keep a record of baby's progress and firsts)
- Small digital camera
- Baby swing or bouncer (make sure properly sized for baby)

FOR MOM [More Info Online](#)

- Ultra absorbent sanitary pads (2-3 week supply)
- Panty liners
- Ice packs (for tearing or swelling during and after birth)
- Hemorrhoid wipes and cream (may unfortunately be necessary after labor)