

List of Things for a New Baby

Health and Safety Items

- 1 car seat that meets current safety standards: Install this by 37 weeks
- 1 digital thermometer for under arm: normal temperature is 36.5-37.5
- 1 tube Zinc oxide diaper rash cream

Cleaning and Bedding:

- 3-5 smaller receiving blankets
- 2-3 larger muslins for swaddling
- 1 bassinet
- 2 bassinet sheets

Baby Clothes

- 5-10 one-piece outfits, recommend zippers
- (long- or short-sleeved depending on the season)
- 3 pairs of socks
- 5-7 undershirts that snap at the bottom (sometimes called onesies)
- 5-6 sleeping gowns
- 3-6 pairs socks or booties
- 2+ hats (seasonally appropriate: warmer for winter months, sun-protective for summer)

Diapering Items

- Disposable diapers** – 2 dozen (24) newborn size diapers on hand for baby's arrival... and/or
- Cloth diapers** – *6-8 diaper covers and 18-24 cloth diaper inserts ...and/or*
- Consider **Bear Bottoms** diaper service for cloth diapers at a similar price to buying disposables
- Baby wipes
- Diaper pail and liners
- Diaper rash ointment

For Breastfeeding

- Nursing bras
- Breast pads

Baby Care Layette Items

- 1-2 soft bath towels
- 3-4 baby wash cloths
- Baby shampoo
- Baby wash
- Baby emery boards
- Baby comb and brush
- Nasal aspirator, a.k.a, snot sucker
- 2-3 fitted sheets for crib or bassinet
- 2-3 waterproof crib mattress pads
- Crib/bassinet blanket
- 5-8 bottles if you are bottle feeding or pumping breast milk
- 5-6 burp cloths if not using cloth diapers

Not Essential for Baby's Layette, but Nice to Have

- Diaper bag
- A really cute "take home" outfit
- Stroller (might come with your car seat)
- Babywearing carrier – sling, pouch, or wrap
- Car seat cover
- Baby bathtub
- Breast pump (optional, but often useful)
- Breastfeeding pillow