Planning for Baby -- Safety Items and Other Supplies

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The following is a list of baby items you may need. Remember, there are always unexpected needs! These are suggestions. Your budget will determine what you can afford.

Safety items

Household
• Night lights, or soft lighting
• Baby monitor
• Outlet protectors
• Cabinet and drawer latches
• Gates

Baby’s room
• Crib and crib linens (While bassinets are pretty, they can only be used for a short period of time. There are much better uses for your money.) (See fact sheet on crib safety.)
• Playpen, etc. (See the section on mesh playpens in the fact sheet on crib safety.)
• Changing table
• Dresser
• Rocking or gliding chair

Other Supplies
• Bottles: be sure to get the correct size nipples, such as preemie or newborn. You will need at least four bottles to start. Don’t forget the bottlebrushes and sterilizer kit. It’s good to keep a couple of extra disposable bottles on hand.
• For breastfeeding: breast pump, nursing pillow, nipple lotion, disposable nursing pads
• Pacifier (Most parents prefer more than one.)
• Infant’s bathtub
• Baby nail clippers/scissors manicure set
• Diaper disposal system (nice to have, but not a necessity)
• Burp cloths (You can never have too many of these!)
• Diaper-rash ointments
• Baby powder (no talcum powder)
• Lotion
• Nose syringe, thermometer, medicine dispenser (often these items come in one package with everything you will need)
• Cortisone cream
• Pain reliever/infant drops
• Books, tapes, CDs (Not a necessity, but books are always a great idea.)
• Highchair

Remember, these are the basic guidelines to get you started. As you become more comfortable and have a set routine, you will have a better idea of exactly what you will need and not need.

Resources
For more information, visit these web sites.

Basic Information and Pregnancy Information
http://www.womenshealth.gov/pregnancy/

Baby Proofing Your Home
http://www.nsc.org/resources/factsheets/hl/baby_proofing.aspx
http://kidshealth.org/parent/pregnancy_newborn/home/childproof.html

Choosing Safe Baby Products
http://kidshealth.org/parent/pregnancy_newborn/home/products.html

Toy Safety

This is one of a set of fact sheets called Planning for Baby. You may also want to see the series Children and Family Finances.

This fact sheet was revised from Planning for Baby – Consumer Issues by Hayhoe, C., Jamison, S. Dillard, A. F., and Chase, M.
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