

Preparing for the Little Arrival

You're having your first child, the "nesting" instinct hits, and you head out to stock up on baby supplies. Standing in a baby store, you find yourself faced with HUNDREDS of childcare products, along with a kindly salesperson trying to sell you all of them! This can indeed be an overwhelming experience. Here's a must-have, bare bones list of necessities to have on hand when the baby comes home. Compiled by moms who've been there, this should help to streamline your shopping expedition.

FOR BABY

Clothing

- Lots of onesies and sleepers to cut down on laundry.
- Hats and socks.
- Gowns are great for quick and easy diaper changes.
- Sleep sack (a wearable blanket that zippers on and off).
- Easy wash and wear cotton outfits with snaps ("fancy" clothing is cute, but not as comfortable for baby).

Diaper Changing

- Disposable diapers.
- Changing table pad and washable covers.
- Warm face cloths for initial cleaning, and then use disposable wipes.
- Diaper cream (Desitin, Aquaphor, and A+D ointment).
- Vaseline, baby oil.
- For circumcision care, use Bacitracin or Vaseline in a tube, and gauze.
- Diaper pail, such as the "Diaper Genie" or one that doesn't require refills (which get expensive), such as the "Diaper Champ"; stick-up deodorizer to put inside the pail.

- Basket of changing supplies to keep in a different part of the house where you and baby spend a lot of time.
- Something fun for dads: Daddy Diaper Duty Emergency Tool Kit has all necessary equipment for the dads! (www.daddyshop.com)

Bathing

- Johnson 'n Johnson disposable baby wash cloths.
- Soap-free, hypoallergenic baby wash and lotion.
- Tiny wash cloths.
- Sponge mat to lay baby on to bathe, or comfortable tub (lay a towel inside of it first to make it softer).
- Hooded towels.
- Baby powder with corn starch.

Baby Care

- Infant nail clippers.
- Thermometer.
- For umbilical cord care use rubbing alcohol and cotton balls.
- Aspirator bulb and saline drops to moisten and clean the nasal passages.
- Johnson 'n Johnson's "Baby Relief Kit" – briefcase style kit with products for fever, diaper rash, upset stomachs, coughs and colds.

