

# Baby Supply List

Congratulations new mom! While it's fun to browse all the adorable baby items available today, it can be overwhelming. Remember, in the old days moms were able to raise their babies just fine without all the fancy frills and extras available today! What your baby needs most is *you*. Start out preparing for your baby with the essential items and as you go along, if you find you need something, you can always get it later.

Below is a basic list to give you a good start on being prepared to care for your newborn.

- 4-6 infant t-shirts
  - 6-8 short-sleeved onesies
  - 4-6 long-sleeved onesies
  - 4-8 one piece pajama/sleeper
  - 6-8 pairs of socks
  - 4-6 pairs stretch cotton pants
  - 2-4 cotton sweaters or Henley sweatshirts
  - 2 knit caps
  - A sun hat
  - Infant snowsuit and/or bunting (if you plan to go out in the cold)
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- Mild soap for laundry or baby laundry soap such as Dreft
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- A place for baby to sleep (crib/bassinet/pack n play)
  - Sheets that fit baby's place to sleep
  - Storage for baby's clothes and other items
  - A place to change diapers
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- Diaper rash ointment
  - Wipes or cotton cloths
  - Diaper bag
  - 2-4 packages of newborn and 'size 1' diapers
  - 1 Pack of prefold cloth diapers and pins or diaper cover to secure (use for emergencies/if you run out of disposables or use as burp cloths)
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- Nursing pads
  - Nursing bras
  - Breast pump, if you are breastfeeding and will be going back to work or will be away from baby

- 2-3 hooded towels (optional)
  - 2 packs of washcloths
  - Baby shampoo
  - Baby body wash
  - Infant bathing tub or use kitchen sink (scrubbed clean)
  - Baby nail clippers
  - Soft brush
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- Digital thermometer, preferably rectal as its most accurate
  - 4-6 pacifiers (if applicable)
  - 4 receiving blankets
  - 2-4 cotton blankets
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- Rear-facing infant car seat with head support padding
  - Stroller
  - Pack N' Play portable bed
  - Sling, soft front carrier, or wrap
  - Bouncy seat
  - Baby books
  - Appropriate toys, that will not over stimulate baby, preferably non electronic.  
Remember baby's favorite thing to look at is your face.  
*American Academy of Pediatrics recommends no screen media for babies under 18 months. Remember, interacting with in- person humans is best for baby's growth and development.*

"Children younger than 2 years need hands-on exploration and social interaction with trusted caregivers to develop their cognitive, language, motor, and social-emotional skills. Because of their immature symbolic, memory, and attentional skills, infants and toddlers cannot learn from traditional digital media as they do from interactions with caregivers,<sup>3</sup> and they have difficulty transferring that knowledge to their 3-dimensional experience. For children younger than 18 months, discourage use of screen media other than video-chatting."

American Academy of Pediatrics

<https://pediatrics.aappublications.org/content/138/5/e20162591>