CIGNA Behavioral Health

Essential Baby Supplies

When you walk into a baby store or the baby department, you're met with shelves and stacks of "baby supplies." While there's a use for everything on the market, not all of it is essential to the basic care of your baby. Listed below are the basic items you'll need before you bring your newborn home.

Clothing

- When buying clothes for your new baby, buy sizes 3-months and larger. Unless your baby is premature, newborn sizes may not fit.
- All children should wear flame-retardant sleepwear and clothing.
- Make sure the crotch has easy-to-use snaps for easy diaper changes.
- Baby clothes should be machine washable.

You'll Need:

- three or four pajama sets with feet.
- six to eight T-shirts.
- two sweaters.
- one sleeping bag or bunting.
- two bonnets/baby hats.
- four pairs of socks or booties.

Furniture

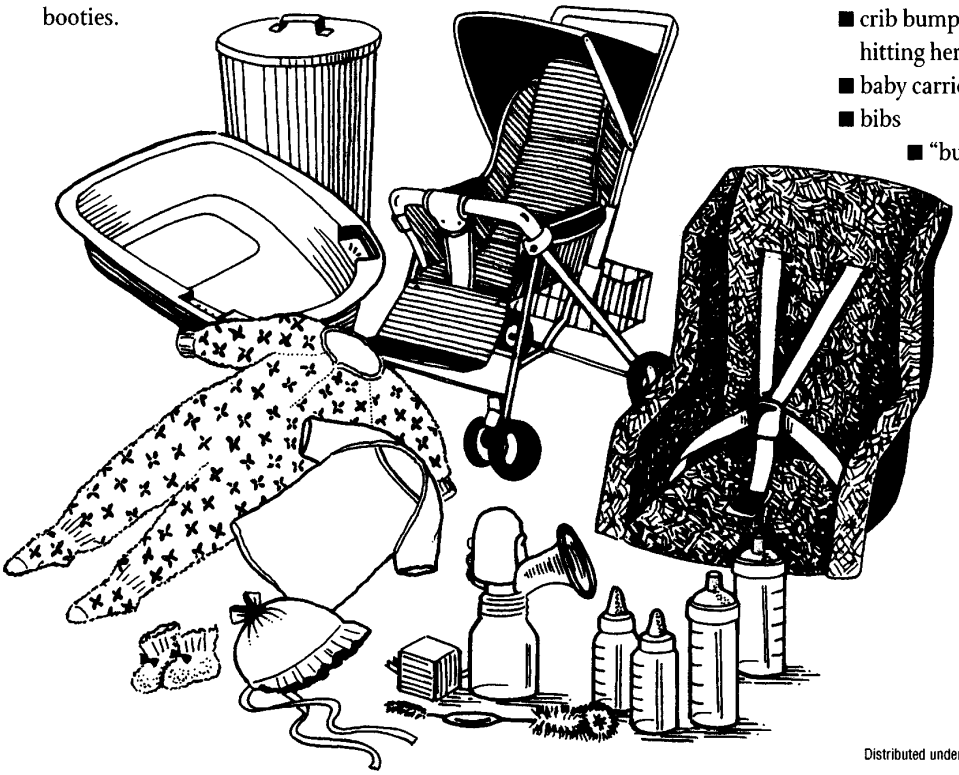
- crib and mattress
- chest of drawers
- changing table: You can use one that doubles as a chest of drawers or one with shelves to store diapers.

Toiletries

- bulb syringe
- rectal digital thermometer
- cotton swabs
- cotton balls
- mild soap
- shampoo
- infant nail scissors or clippers
- alcohol for cleaning umbilical cord
- diaper wipes
- ointment

Equipment

- 3-gallon diaper pail with deodorizer
- two sets of baby washcloths and towels
- three to four dozen newborn-size diapers (plus diaper pins and diaper covers if you use cloth diapers)
- large plastic washtub or baby bathtub
- an assortment of bottles, 4- and 8-ounce sizes
- nipples (12 if bottle-feeding, six if breast-feeding)
- bottle brush and nipple brush
- breast pump if breast-feeding
- pacifiers
- car seat (You can't leave the hospital without a car seat.)
- stroller
- crib bumper to keep your baby from hitting her head on the bars
- baby carrier or baby sling
- bibs
- "burp rags" to cover your shoulder and wipe off the occasional spit up
- crib bedding: flannel-backed, waterproof mattress cover; two fitted sheets; soft full-size blanket or quilt



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