

# Gearing Up for Your Baby

Taking care of your baby requires the right gear. Here are some handy lists of things you'll want to have at home.

*Start Smart*  
for Your Baby®

## Bathing

- Baby bathtub
- Baby lotion
- Baby shampoo
- Liquid baby soap
- Baby washcloths
- Hooded bath towels

## Sleeping

- Bassinet or cradle
- Crib and mattress
- Tight-fitting crib sheets
- Small, light receiving blankets
- Waterproof pads

## Breastfeeding

- Breast pump (Call us for help getting one.)
- Lanolin cream to soothe sore nipples (You might be able to get this at no cost with a prescription from your doctor)
- Nursing pads to wear in your bra

## Eating

- Bibs
- Bottles and nipples for breast milk or formula
- Bottle and nipple brushes
- Burp cloths or cloth diapers for spit-ups

## Other Supplies

- Playpen
- Rocking chair
- Safe toys
- Baby swing (Avoid the kind that hangs from a doorway)
- Pacifiers, if you decide to use them
- Fragrance-free laundry soap (This is less likely to bother your baby's skin)

## Changing

- Diapers
- Diaper pail
- Baby wipes
- Diaper rash cream
- Changing pad and table
- Diaper bag

## Clothing

- Booties or socks
- Hats
- Onesies
- Sweaters
- Sleepwear, one-piece pajamas, or nightgowns

## Healthcare

- Cool-mist humidifier to help your baby's breathing when the air is dry
- Medicine dropper to measure medicine
- Nasal suction bulb
- Thermometer

## Travel

- Blankets to cover your baby while you are outside
- Front pack or backpack to carry the baby in for the first six months
- Stroller
- Approved infant car seat