



## Nursery Supply Ideas

### **Out and About with Baby**

- New car seat with installation checked by a currently certified Child Passenger Safety Technician; MDDS recommends Dana Lange, owner of Buckle Up Detroit
- Moby wrap or other front carrier (especially if you are having multiples or have multiple children)
- Stroller that fits in your car
- Diaper bag or backpack

### **Sleeping**

- Bassinet or crib that meets current American Academy of Pediatrics (AAP) standards to create a safe and proper sleeping environment
- Pack and play (optional up to 12 weeks of age) to keep in main area of the house as a safe spot for sleep per AAP guidelines
- Bedding sheets (3)
- Swaddle blankets (3 or more)
- Sleepers or nightgowns (3)
- Sound machine that does not have an automatic shut-off
- Room darkening black-out shades or curtains
- Baby monitor/Motion monitor
- Ceiling or floor fan to circulate air
- Dimmable night lights or switch added to lamp - in the night the goal is to keep things as dim and boring as possible
- Digital nursery clock (low light)
- Pacifiers (if using) AAP recommends for SIDS reduction - size and age specific - if nursing, AAP recommends holding off use until 3-4 weeks old

### **Changing Area**

- Changing table space with pad (2-3 covers) and storage - top of dresser, wardrobe cabinet, in crib
- Baby wipes
- Diapers (2 packs newborn, 1 mega store case of size 1-2) or 20 cloth diapers with covers
- Diaper rash cream
- Olive oil to put on baby's bottom in the beginning of sticky meconium days - applying before poops makes it easier to clean
- Vaseline - if baby is circumcised
- Diaper pail
- Trash can with liner bags
- Baby friendly "green" nursery all purpose cleaner
- Onesies (3 or more)
- Day time outfits (3-5) - these can also be night time outfits
- Dirty laundry hamper
- Laundry soap (free and clear or "green" laundry soap)
- Laundry stain remover
- Clean clothes laundry basket
- Baby hangers if using closet for clothing



## Health & Hygiene

- Thermometer - rectal measurements are most accurate
- Rubbing alcohol wipes to clean after thermometer use
- Nasal aspirator
- Saline solution
- Nail clippers especially for baby or electric
- Bath tub
- Bath wash
- Wash cloths (4)
- Towels (2)
- Baby hair brush or comb
- Baby lotion
- Facial tissue

## Feeding

- Breastfeeding pillow that fits properly with your body type - too low = problem, too high = problem also - try them!
- New breast pump if planning to breastfeed - double pump with a closed system for barrier of bacteria
- Haaka for dripping milk collection
- Milk collection bags/freezing trays
- At least 4 bottles with stage 1 nipples - even if breastfeeding
- Basin for soaking baby feeding items near the kitchen sink
- Bottle brush
- Nipple basket for dishwasher or sterilizer
- Bottle drying rack or pad
- Mini-crock pot or bottle warmer
- Burp cloths (6)
- Anti-gas drops

## Other

- Journal to keep track of any notes regarding feedings, diapers, questions for your pediatrician, medicines given - amount/time, etc... APPS are great too, but journals can be easier for multiple people caring for your family
- Rocking chair with side table
- Playmat
- Soft toys with no buttons for eyes or other
- Board books with bright contrasting colors
- Swing or bouncy seat
- Books for parents on breastfeeding if you are choosing this method, healthy sleep habits, and what to expect as baby grows
- Your smiling faces, soothing voices, and comfy embraces

\*\*Note: Just because you have twins or triplets does not mean everything on the list has to double or triple - many items can be shared between babies. Fun multiples tip - you can color code your babies to keep them straight. Eg: Baby A has green sleepers, pacifiers, bottle labels, onesies, etc... and Baby B has purple sleepers, pacifiers, bottle labels, onesies, etc...