

NEWBORNS- EQUIPMENT AND SUPPLIES

A newborn infant in your home will result in many changes, especially if you are a first time parent. Below is a list of essential equipment so you can prepare for your new arrival!

- Car Seat- **Every** child **MUST** ride in a car seat **every** time. Never, ever hold your child in a moving vehicle. See “Car Seat Tips” handout.
- Crib- All cribs must have a maximum of 2^{3/8} inches between slats to prevent entrapment of the baby’s head. The mattress should be very firm and waterproof, and fit very snugly into the crib, so there is no space between the crib frame and the mattress. Use only a thin sheet with no mattress pad beneath. Bumper pads are unnecessary – they block your baby’s view out of the crib, create a hazard for trapping your baby’s head or blocking breathing once he can roll over, and later make it easier to climb out.
- Diapers- Disposables are convenient and result in fewer rashes. Some parents choose cloth diapers because of ecological concerns. Generally wipes may be used at any age.
- Nasal suction bulb- This device is used to remove secretions from the baby’s nose when (s)he is congested.
- Saline nasal spray- This is a saltwater solution sprayed in the nose to thin or loosen nasal mucus, to make it easier for baby to handle or for you to suction.
- Humidifier- can be helpful to ease congestion. Cool mist type is safer than a vaporizer because there is no hot water that can burn. Both types must be emptied and cleaned regularly.
- Thermometer- A thermometer that measures core or rectal temperature is essential. Digital or temporal artery versions are available. Ear thermometers are not used until six months of age. See “*Fever*” handout.
- Petroleum jelly- may be used to lubricate a thermometer tip and also is an excellent diaper rash prevention and treatment for dry skin; will also be used for circumcision care.
- Cotton balls- for cleaning the eyes and umbilical cord.
- Cotton swabs- some parents prefer to use cotton swabs to clean the cord. Do not insert a cotton swab into the ear canal; only clean what you can see.
- Bathtub- A molded infant tub is convenient. A dishpan in the sink is also fine. Molded sponges must be thoroughly dried between uses to prevent contamination with bacteria. Until the umbilical cord falls off, the baby is sponge-bathed only. Be sure the temperature on your hot water heater is less than 120 degrees to prevent burns.