

We put together a list of items we think would be useful to have on hand when you are expecting a baby. Of course, not all items are required but might make your transition at home a bit easier.

Mom:

- Large pads for post-partum flow; if you prefer, you can moisten them with tap water and put them in the freezer to use as ice packs on your perineum after baby is born
- Ibuprofen (Advil) and acetaminophen (Tylenol)
- Epsom salts; just fill a bathtub or sitz bath with some warm water and ½ cup of Epsom salts to soak your perineum; it can help any stitches or hemorrhoids feel more comfortable
- Nipple butter or ointment (in case your nipples are sensitive or sore)
- Nursing bras, if you plan to breastfeed
- Breast pads (washable or disposable)
- Easy to access snacks and a water bottle (you may feel hungrier and thirstier if you are breastfeeding)
- Dry shampoo
- Nursing pillow/extra pillows to help with positioning during breastfeeding

Baby:

- Receiving or blankets
- Baby clothes in size newborn and 0-3 months
- Swaddling blankets
- Changing pad
- Diapers (size newborn and size 1)
- Wipes
- Barrier cream (like Vaseline; in the first few days, their stool is very sticky and Vaseline helps prevent the stool from sticking to their skin)
- Baby bath or insert for tub; a sink works well too
- Baby friendly shampoo/body wash
- Small wash cloths
- Bassinette or crib
- Baby nail clippers
- Vitamin D drops (available at the pharmacy)
- A rear facing infant car seat, ready in the car
- Cotton swabs (e.g. Q-tips); these can be used to care for their cord
- Soother (optional)
- Breast pump/sterilization bags/bottles and nipples for breast milk or formula
- Formula (if choosing not to breastfeed or in case you have to supplement within the first few days)
- Baby carrier/wrap (optional)
- Stroller (optional)
- Swing/bouncer chair (optional)