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## Planning for Baby -- Safety Items and Other Supplies

Revised by Celia Ray Hayhoe, Ph.D., CFP®, Family Resource Management Specialist, Virginia Tech  
And Chungwen Hsu, graduate student, Dept. AHRM, Virginia Tech

The following is a list of baby items you may need. Remember, there are always unexpected needs! These are suggestions. Your budget will determine what you can afford.

### Safety items

#### Household

- Night lights, or soft lighting
- Baby monitor
- Outlet protectors
- Cabinet and drawer latches
- Gates

#### Baby's room

- Crib and crib linens (While bassinets are pretty, they can only be used for a short period of time. There are much better uses for your money.) (See fact sheet on crib safety.)
- Playpen, etc. (See the section on mesh playpens in the fact sheet on crib safety.)
- Changing table
- Dresser
- Rocking or gliding chair



#### Other Supplies

- Bottles: be sure to get the correct size nipples, such as preemie or newborn. You will need at least four bottles to start. Don't forget the bottlebrushes and sterilizer kit. It's good to keep a couple of extra disposable bottles on hand.
- For breastfeeding: breast pump, nursing pillow, nipple lotion, disposable nursing pads
- Pacifier (Most parents prefer more than one.)
- Infant's bathtub
- Baby nail clippers/scissors manicure set
- Diaper disposal system (nice to have, but not a necessity)

- Burp cloths (You can never have too many of these!)
- Diaper-rash ointments
- Baby powder (no talcum powder)
- Lotion
- Nose syringe, thermometer, medicine dispenser (often these items come in one package with everything you will need)
- Cortisone cream
- Pain reliever/infant drops
- Books, tapes, CDs (Not a necessity, but books are always a great idea.)
- Highchair



**Remember, these are the basic guidelines to get you started. As you become more comfortable and have a set routine, you will have a better idea of exactly what you will need and not need.**

## Resources

For more information, visit these web sites.

### Basic Information and Pregnancy Information

<http://www.womenshealth.gov/pregnancy/>

### Baby Proofing Your Home

[http://www.nsc.org/resources/factsheets/hl/baby\\_proofing.aspx](http://www.nsc.org/resources/factsheets/hl/baby_proofing.aspx)

[http://kidshealth.org/parent/pregnancy\\_newborn/home/childproof.html](http://kidshealth.org/parent/pregnancy_newborn/home/childproof.html)

### Choosing Safe Baby Products

[http://kidshealth.org/parent/pregnancy\\_newborn/home/products.html](http://kidshealth.org/parent/pregnancy_newborn/home/products.html)

### Toy Safety

[http://www.cpsc.gov/cpscpub/pubs/toy\\_sfy.html](http://www.cpsc.gov/cpscpub/pubs/toy_sfy.html)

See Tips on Toys, Virginia Cooperative Extension publication 350-063, on-line at

<http://www.ext.vt.edu/pubs/family/350-063/350-063.html>

This is one of a set of fact sheets called *Planning for Baby*. You may also want to see the series *Children and Family Finances*.

This fact sheet was revised from *Planning for Baby – Consumer Issues* by Hayhoe, C., Jamison, S. Dillard, A. F., and Chase, M.

**Reviewers:** Cristin Sprenger, Extension Agent, Family and Consumer Sciences, Augusta County  
 Kimberly Cardwell, Extension Agent, Family and Consumer Sciences, Spotsylvania County  
 Sheree Jones, Graduate Student in Apparel, Housing, & Resource Management, Virginia Tech

