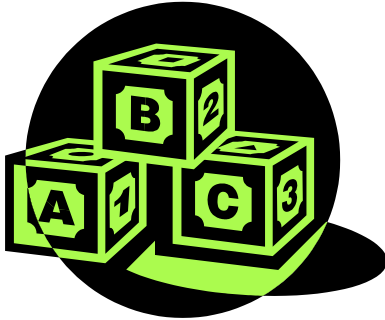


Planning for Baby -The Basics You Will Need

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Being a smart consumer is more than finding low prices. If you are a smart consumer, you will keep your new baby comfortable and safe—two goals of new parents— while you watch your budget.

A baby needs a lot of things, but not as many as some businesses would like to sell. Information in this series of fact sheets includes what you and your baby will need when leaving the hospital and at home- including clothing, crib and other furniture, car seat, and safety items.

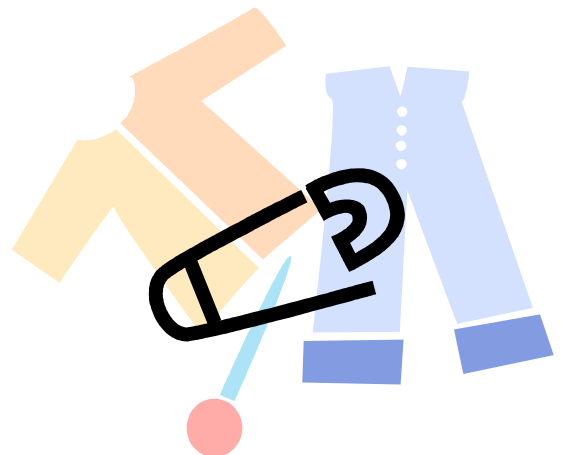
What Baby Needs When Leaving the Hospital

- A rear-facing car seat for infants under 20 pounds (See *Planning for Baby – Transportation and the Baby* fact sheet)
- Shirt and sleeper
- Receiving blanket
- Diapers and wipes (some hospitals provide an initial supply)
- Safety pins and latex or plastic pants if using cloth diapers
- Cold-weather needs: heavy blanket, sweater, and hat
- Warm-weather needs: hat to shield baby's face from sun
- Diaper bag (since this is something you will be carrying around for about three years, choose one that has enough storage space and is durable)

What Baby Needs at Home

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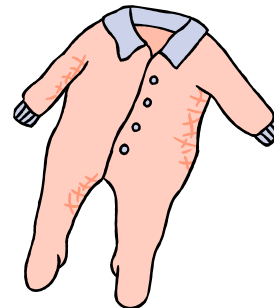
This list is a good start to prepare to bring your new baby home. You may find you need additional items. However, the items in this list will prepare your household for potential expenses to the budget. (See see the series of Fact sheets titled, Children and Family Finances by Virginia Cooperative Extension, for help with the financial concerns.) Remember that generic brands are often just as good as name brands. **It**



is not a good idea to buy large amounts of baby clothes in the smallest sizes.

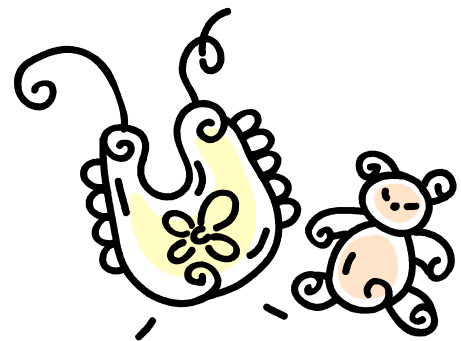
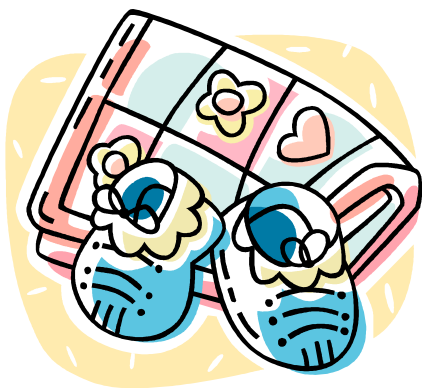
Your baby will spend most of his or her time sleeping. Clothes that will be worn and washed often should be of good quality. Clothes that will be worn only a few times do not need to be as high quality, however, you should still pay attention to care guidelines and fit of these garments.

- Disposable or cloth diapers; purchase a few different brands of diapers to see what works best. (See *Planning for Baby – Diaper Choices and Comfort*). You will need at least 49 diapers for the first week, about seven per day. This first week you will be too busy to get to the store.
- 4 to 6 Layette gowns (See *Planning for Baby – Clothing Choices*).
- 6 to 9 Sleepers
- 3 to 6 Coveralls
- 2 to 4 Lap-shoulder shirts
- 4 to 6 Playwear outfits
- 6 to 9 Bodysuits
- 4 to 6 Caps and booties
- 6 to 9 Bibs
- 6 to 9 Receiving blankets
- 3 to 6 Hooded towels and washcloths



Other Items

- Crib, mattress, dresser, rocker
- Bedding (See the fact sheet in this series on cribs.)
- Stroller, Car Seat, Carrier (See the fact sheet in this series on car seats)
- Miscellaneous



Resources for New Parents

General



- American Academy of Pediatrics web site, <http://www.aap.org>, contains many useful resources under the “Parenting Corner” button.
- Fields, Denise and Fields, Alan (2002). *Baby Bargains: Secrets to saving 20%-50% on baby furniture, equipment, clothes, toys, maternity wear and much, much more*, 4th ed. Boulder, CO: Windsor Peak Press.
- Jones, Sandy (2001). *Consumer Reports Guide to Baby Products*. Yonkers, N.Y.: Consumer Reports Special Publications.
- Consumer Product Safety Commission, <http://www.cpsc.gov/>
- Consumer Product Safety Commission recalled products at <http://www.cpsc.gov/cpscpub/prerel/prerel.html>

Community-Based

Here are some of the nationwide resources that will have local offices. The numbers and localities will vary from community to community. Look in the phone book to find the location and numbers for local resources for new parents in case a situation arises and you need assistance from a community-based resource.



- The Department of Social Services, <http://www.dss.state.va.us/>
- The Salvation Army, <http://www.salvationarmyusa.org/>
- The Red Cross, <http://www.redcross.org/>
- Check with local churches
- Check with hospitals
- The Food Bank of the Virginia Peninsula, <http://www.nnfoodbank.org>
- The Food Bank of Southeastern Virginia, <http://www.foodbankonline.org/>
- Southwestern Virginia Second Harvest Food Bank, <http://www.swvafoodbank.org/>
- Food Bank Locations in Virginia, <http://feedingamerica.org/foodbank-results.aspx?state=VA>

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.

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