

Shopping for a Newborn

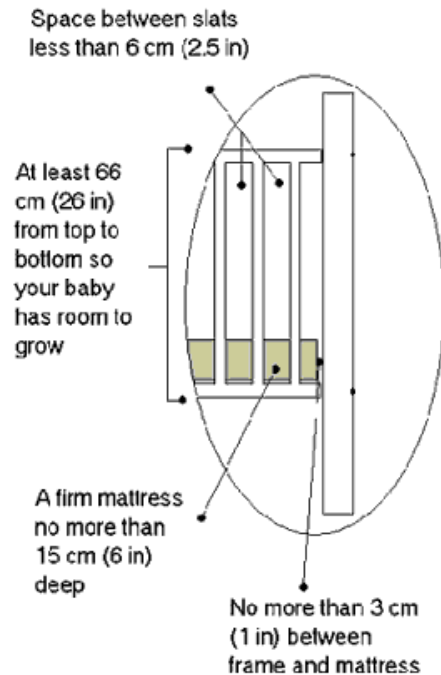
There are probably a few things you will want to get before the baby arrives. Friends and family are often eager to offer gifts at this time. You may want to use this as a suggestion list.

Necessary Equipment

- a safe place for the baby to sleep, such as a baby basket or crib**

A child's crib should be built with covered bolts in an area the child can't reach. Cribs made before 1976 should be completely stripped and refinished to avoid lead-based paints.

Safer Crib Dimensions



- crib linens**

- a car seat** (if you have a car)

Your car seat must have a label that says it meets the Canadian Motor Vehicle Safety Standards (CMVSS). Infant car seats are for children from the time they are born until they are about 9 kg (20 lbs) and 66 cm (26 in). These seats are manufactured so the child faces the rear of the vehicle.

Useful Equipment

- a baby carrier or sling
- a baby carriage or stroller
- a baby seat (high chair)

Clothes

Babies grow very quickly, so buy clothes in the 3- to 6- month size rather than newborn. Wash and double-rinse all baby clothes before using them.

- 5-6 cotton undershirts
- diapers (newborn size disposable diapers or two to three dozen cloth)
- 6-8 sleepers
- 6 pairs of booties or socks
- hats for outside
- a warm blanket and receiving blankets
(Blankets should be for keeping the baby warm when traveling. Avoid bulky blankets when putting the baby to sleep, to reduce the risk of sudden infant death syndrome.)
- a snowsuit or bunting bag if the baby will be born in the fall or winter

Supplies

- mild baby soap/shampoo
- cotton balls and swabs
- barrier cream, such as zinc oxide cream or Vaseline
- washcloths
- diaper bag
- diaper wipes
- baby nail clippers/manicure set
- thermometer (rectal or armpit thermometer—do not use a mercury-filled thermometer)