



# BABY INFRASTRUCTURE

## THE ULTIMATE LIST

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### ABSOLUTE MUST:

#### CAR SEAT

They will not let you leave the hospital without this!

Some great brands to check out: Graco, Britax, Cybex, Chicco, and Doona.

### FEEDING:

- bottles (Comotomo, Avent, Dr. Brown's)
- bibs
- burp cloth
- Boppy (or similar pillow; one for each baby)
- bottle brush (Dr. Brown's, Munchkin)
- Unscented dish soap
- bottle rack (or other place to dry bottles)

### CHANGING DIAPERS:

- changing station
- changing table pad
- changing pad cover (at least two)
- diapers (Pampers, Honest, Bambo)
- wipes
- bottom cream (Boudreaux's Butt Paste, Earth Mama Diaper Balm)
- hand sanitizer
- disinfectant (1:1 vinegar water ratio, Better Life 2am Miracle)
- diaper pail (I prefer a small trash can as it is easy to take out daily)
- diaper bag (see below for what to put in the diaper bag)

### BATH TIME:

- baby wash (California Baby, Aveeno, Honest)
- bababy bather
- baby bath (inflatable)
- towels
- wash clothes (lots of them!)
- lotion (California Baby, Aveeno, Honest)
- laundry soap (Dreft)
- laundry spot cleaner (Miss Mouth's Messy Eater)

### NURSERY:

- crib
- sheets (two sets for each crib; Quickzip)
- swaddle (Halo, Nested Bean)
- baby blankets
- sound machine (HoMedics, iPod with dock)
- video monitor (Summer, Nanit)
- dresser
- hangers
- changing station
- rocker
- foot stool for rocker
- laundry hamper
- outlet covers
- curtains (black out shades or very heavy curtains that will block the light are highly recommended)
- clock (useful for night time feedings)
- storage container for clothes

### PLAY:

- stroller (Baby Jogger, Bugaboo)
- Bumpo chair (one for each baby)
- bouncy seat
- activity gym

### MEDICAL:

- nasal syringe (ie snot sucker)
- Thermometer
- alcohol swabs (if your doctor recommends using them to clean umbilical cord)

### DIAPER BAG:

- duck bags
- diapers
- wipes
- hand sanitizer
- change of clothes (one for each baby)
- snack (for you! Yes sometimes you will forget to eat)

### OPTIONAL:

- jogging stroller, very nice to have if you plan on taking many walks outside.
- bottle sanitizer
- wipes warmer
- bottle warmer (First Years, I like to use a tea kettle to warm water and put bottle in cup with hot water)