

# Baby's basics



## *Clothing and bedding*

*It is best to choose natural fibers.*

- Diapers (disposable or washable) : Do not buy too much of one size considering how fast they grow
- 3 to 4 newborn size bodysuits
- 8 to 10 size 0-3 months bodysuits
- 3 newborn size pyjamas
- 8 to 10 size 0-3 months pyjamas
- 1 or 2 sleep sacs
- 4 cloth bibs or washcloths
- 4 to 5 pairs of socks
- 1 or 2 pairs of mittens (prevent scratches)
- 2 shirts size 0-3 months
- 2 pants size 0-3 months
- 1 or 2 hats (cotton)
- 1 cover for the carseat and/or stroller depending on the season
- 2 waterproof fitted sheets for the bed mattress
- 4 light blankets (ex : muslin)
- 1 or 2 warm blankets



## *Accessories*

- Wet bag for washable diapers or bin for disposable diapers
- Baby bottle kit (nipples and bottles).  
Do not buy too much as your baby may have a preference and the flow rate of the nipple must be adapted to the age and development of your newborn. In addition, the use can be variable.
- Bed with firm mattress conforming to safety standards
- Car seat that complies with regulations
- Stroller
- Safe chair for babies (e.g. vibrating seat or swing)
- Small bath
- Pacifier if needed. Do not buy too many as the size of the pacifier changes with the growth of your newborn and he may also have preferences.

## *Pharmacy*

- Bath items designed for babies: mild soap, hairbrush, mild shampoo, petroleum jelly, moisturizer
- Nail clippers or nail file
- Seawater nasal spray or vials
- Baby nasal aspirator
- Electronic rectal thermometer
- Acetaminophen for babies (such as Tylenol)
- Diaper rash preventing cream, ointment or paste