



Necessary Supplies for Your Newborn

Digital Thermometer

An abnormal temperature in a newborn can often cause concern. If your baby feels cool or warm or has signs of being sick, please check his or her temperature and then call us if it is something out of the ordinary. A temperature taken under the arm is acceptable, but if it is abnormal, the temperature should be confirmed by also using a rectal thermometer. **Do not add or subtract** a degree from the rectal temperature. This is the most accurate way to measure your baby's temperature. Other methods of checking a temperature in a newborn are inaccurate. Please ask a nurse to show you the proper way to check a temperature if you are not certain.

Normal Temperature: A normal temperature in a newborn ranges between 97.7 degrees Fahrenheit and 99.9 degrees Fahrenheit. Once babies are older than 2 months of age, their immune systems are much stronger, and a slightly abnormal temperature is not as big of a concern as it is during the newborn period. If your baby's rectal temperature is consistently below 97 degrees Fahrenheit or above 100.4 degrees Fahrenheit, your baby needs to be seen right away.

Car Seat

You should **never** transport your baby in a vehicle without a car seat. The infant seats can only be used until your baby is approximately 17 to 22 pounds, depending on the manufacturer. Your baby should remain in a rear-facing position. Many babies will outgrow their infant seat and must be placed in a convertible-type car seat until 2 years of age or until they reach the highest weight and height allowed by the car seat manufacturer. Now, experts are recommending that children remain rear-facing until they outgrow their convertible car seat. The safest place for your baby is in the back seat. Never place your baby in the front passenger seat of a vehicle with airbags. For proper installation of your baby's car seat, please refer to the manufacturer's instructions and strongly consider a car seat installation inspection.

Bulb Syringe

You should purchase a bulb syringe for your baby so you can suction mucus from his or her nose if your baby sounds congested.

Saline Drops and Mist

These drops are very useful if your baby is congested or gets a cold. Saline drops loosen nasal secretions and reduce congestion. This is not medicine.

Cool Mist Humidifier

Consider having a cool mist humidifier on hand to loosen nasal congestion, especially if your baby gets a cold.

Smoke Alarm

Smoke alarms should be installed in your home. Test them periodically and change the batteries twice a year.

Carbon Monoxide Detector

Consider purchasing a carbon monoxide detector. Homes with gas heating may have carbon monoxide mixed with the room air. This gas is invisible, odorless and can be lethal, especially to infants.



Breast-Feeding Supplies

If you plan to breast-feed, you may choose to purchase or rent a breast pump. The dual hospital-quality electric breast pumps work the best, especially if you plan to pump frequently. Many lactation specialists recommend the Ameda Purely Yours® or Medela Pump in Style®, which are portable for working moms.

Formula and Bottles

If you do not plan on breast-feeding, we recommend formula with iron. Formula comes in three forms: ready-to-feed, concentrated and powdered. Concentrated or ready-to-feed is probably the least likely to cause fussiness during the first two to four months of life. After that time, powdered formula is acceptable and less expensive. Formula can be stored for 48 hours after opening or mixing.

Diapers and Wipes

Always have a well-stocked supply of diapers and wipes. You should change your baby's diaper multiple times a day to prevent diaper rash. Use a mild baby wipe to clean the area, wiping from front to back to prevent urinary tract infection. Allow your baby's bottom to dry before putting on a clean diaper, as this also helps prevent diaper rash.

Safe Place to Sleep

Create a safe place for your baby to sleep. A crib or bassinet are the best options. It is a good idea to have your baby sleep near you (within arm's reach) for the first few months. **It is not safe to place your baby in bed with you.** Also, keep your baby's crib or bassinet free of blankets, toys or pillows.

Sleep Sack

Consider using a sleep sack, which is an alternative to swaddling with a blanket.