

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

What Does My New Baby Really Need? A Guide To Shopping For Your New Baby

By Melida Cohen

What is it do I really need to buy for my new baby? While writing my latest book found at

www.CareForMyBaby.com

I found that this is a question a lot of new moms must ask themselves.

Having a new baby is a huge expense, and it is hard to stay on budget when you see all of the cute outfits in the stores. While all of the tiny things are really tempting to buy, please keep in mind that babies grow really fast. One of the biggest mistakes that new parents make is over shopping for clothes. Remember, you will probably keep baby in a lot during those first few months so cute outfits with matching hats and shoes may not get any use. Plus if you are going to have a baby shower you will receive a lot of cute outfits fit for your little bundle of joy. Below is a list of things that I put together as a guide for you to use while doing your shopping. Remember to do your shopping after your baby shower this way you will only buy what you need.

Health and Safety

digital thermometer nasal aspirator infant acetaminophen drops baby monitor night lightBaby Care Products baby shampoo/baby wash diaper cream baby nail clippers or safety scissors baby oil/lotion baby brush and comb a couple of pacifiers (even if you don't plan to use!)

Layette and Diapering

newborn diapers/cloth diapers/wraps or set up diaper service baby wipes and/or extra baby washcloths diaper pail burp cloths or extra cloth diapers gowns/kimonos or newborn sleepers (4-6) receiving blankets (4-6) swaddling blankets (2-3) crib blanket or quilt newborn socks or booties (4-6 pair) newborn cap (1-2) hooded bath towels and wash cloth 4-6 T-shirts or all-in-ones 1-2 sweaters or bunting (depending upon season)

Baby Equipment

What Does My New Baby Really Need? A Guide To Shopping For Your New Baby

baby carrier (sling, wrap or pack carrier) infant seat (have to bring it to the hospital!) stroller or carriage bouncer seat or swing diaper bag

Furniture and Accessories

co-sleeper/bassinet/cradle or crib mattress, waterproof pads, at least two sheets and other bedding
changing table or other safe changing area mobile for the crib and/or changing area changing pad
and 2 covers Nursing Necessities nursing pillow washable or disposable nursing pads rental, electric
or manual breast pump and storage bottles or bags if you plan to pump milk feeding bottles (2-4 4 oz
to start), nipples, and bottle brush if you plan to use bottles

Below you will find a short list of things new moms will need to have on hand.

New Mother Care

sitzbath herbs big box of extra-long maxi pads for locchia nursing nightgown or comfy cotton pajamas
small tube of modified lanolin or other product to soothe sore nipples nursing bras (1-2 comfy nursing

bras plus a sleep bra to take to the hospital --- you can get more when your milk comes in, in case your
size changes)

Other Good Ideas

pick out birth announcements (address envelopes before baby comes, if possible) make a Belly Cast
to remember this amazing time!

Also a good thing to know is that some of these accessories and gadgets are fun to have. Some of
them even help make your life easier. However these are not must haves, all your baby really needs is
your love and affection and your baby will grow and flourish. Remember you must have a car seat for
baby, because the hospital will not let you leave without it! Plus you want to protect your little miracle in
any way possible. Relax and enjoy this time with your precious baby because this time will never
return.

If possible line up friends and family who will bring meals or come help you out at home after the baby
is born (and a good friend to coordinate) and/or hire a doula to help. This way you can spend even
more time just worrying about the baby, while someone else worries about YOU!

Melida Cohen is author of "Baby's First Year: Everything You Should Know but probably don't," She is
a mother to 3 children. Her goal is to empower new moms and mothers to be. Visit

<http://www.CareForMyBaby.com>

to get a free copy of her baby care newsletter or visit her blog

<http://www.CareForMyBabyBlog.blogspot.com>

to chat with her and other new moms.

Keeping Your Baby Safe

By Mary Johnson

Nobody wants to see a newborn baby get injured. Regardless of how careful and watchful you are, there is always room to take extra precautions to help keep your baby from getting hurt.

Below are 10 helpful tips to keep your baby safe:

1. Don't leave your baby alone with any pet, regardless of how small or harmless the animal may be.
2. Always keep an eye on your baby when you are shopping, out and about, going for a walk, or even at the playground. Kidnappers see strollers as a target from which to snatch your baby.
3. Never shake your baby. Don't even playfully throw the baby up in the air.
4. If you are giving your baby a bath in a large tub, be sure to put a towel or rubber mat at the bottom of the tub to keep them from slipping.
5. Avoid any toys, clothes, or household objects that have strings on them, and keep phone cords out of reach. Babies have a tendency to get them wrapped around their neck and accidentally choke.
6. Always put your baby in a car seat when driving. It is extremely easy for your baby to get injured if you get into an accident, so be sure to pay attention to the road. Avoid talking on a cell phone, eating, or any other activity that could distract from your driving.
7. Keep your baby away from open windows if you aren't around to watch. In fact, it's wise to keep your baby from all open windows – ever.
8. Never leave your baby alone in a room with a child under the age of six. Children in this age range tend to play roughly with babies - almost as if they were dolls.
9. If a baby sitter watches over your baby, be sure that they have been trained in infant safety and CPR, are at least 16 years or older, and have solid references.
10. If you are changing your baby's diaper on a changing table, it is essential to never turn your back — even for a split second. In a heartbeat babies can roll over and fall off the table.

Nothing matters more than your child's safety. Don't take it for granted. Always be vigilant in looking after your baby's safety.

Mary Johnson writes for several web sites, including

<http://tobud.com>

and

<http://home-blog.com>



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!