

# What are the essential care products every baby needs?

The anticipation of welcoming a new baby is an overwhelming experience for many parents. But with this excitement often comes the challenge of deciding what to buy for your baby, a task that can feel quite daunting.

Wandering through the baby aisle in a store without a clear plan can easily leave you feeling confused and unsure.

So to help you decide better, I have put together a list of essential products that you will need to take care of your newborn.

Let's dive in!

## Diapers

One of the first items on your list should be “diapers”. It’s easy to underestimate just how many diapers a newborn will use, but trust that this is one product you’ll want to stock up on in large quantities.

In the first few days, it may not seem like much, but by the time your baby is a week old, you’ll be amazed at the number of diapers you’ve already used.

Newborns tend to have frequent bowel movements, often with every meal, and this means you'll have to do a lot of diaper changes. For this reason, it’s important to never let your supply run out, so be sure to replenish them before you get low.

Along with diapers, you’ll also need a “diaper bag”. This bag should be your go-to storage for all your baby’s diapering needs when you’re on the move, so make sure it’s always stocked with diapers, baby wipes, diaper cream, and extra clothes.

It’s also helpful to include a small bag for dirty diapers, especially during those early weeks when your baby can go through up to six wet diapers a day.

## Bathing products

When it comes to bathing products for infants, it’s recommended to wait about two weeks before giving your newborn their first full bath. Until then, you can stick to sponge baths and major cleaning of the diaper area to keep them fresh. The reason for this delay is to allow the umbilical cord to fall off and the area to heal properly.

Some essential bathing items include mild baby soap, shampoo, a baby bathtub, towels, a plastic cup for rinsing, and a thermometer to check the water temperature.

## Medicine

As your baby grows, there may be times when they experience minor health issues, and having some basic medicine and first-aid supplies on hand can be very helpful.

Small bandages, nasal bulbs, safety nail scissors, a thermometer, ibuprofen, and cough syrup are some of the items that you may need to have readily available. However, if your baby gets sick or develops a fever, it's always best to consult with a doctor before administering any medication.

## Feeding items

Even before delivery, you need to have a plan for feeding your newborn. Breastfeeding is often recommended as the best option for newborns, especially in the first six months. However, some mothers choose to use formula instead.

Whether you decide to breastfeed or formula-feed, it's important to make your decision in time, before your baby is born. If you opt for formula, ensure you choose the right type for your baby's age, and it's always a good idea to talk to a doctor or nutritionist for guidance on the best brand.

Aside the formula, other useful feeding supplies include burp cloths, a breast pump, a bottle sterilizer, feeding bottles, and a bottle brush for cleaning.

## Sleeping space

One of the most enjoyable aspects of preparing for a baby is setting up the baby's room. Decorating the nursery is often a highlight for expectant parents. However, while it's tempting to fill the crib with soft blankets and toys, it's important to keep your baby's sleeping environment simple and safe - a firm mattress, a crib, and a crib sheet are the basics.

It's also recommended to keep the crib in your bedroom for the first six months to a year to ensure your baby's safety during sleep.

## Clothing

When it comes to clothing, it's easy to get carried away with all the adorable outfits available in stores. However, newborns grow quickly, and they will soon outgrow their clothes, so it's best you stick to a modest amount of clothing. Five to six sleepers, eight onesies, and a few blankets (both swaddling and lightweight) should be enough to get started.

As your baby grows, you can gradually add more clothes to their wardrobe and store away the ones that no longer fit.

## Mobility

The last but definitely not the last here is mobility. You need to consider how you will get around with your baby. Mobility is key, whether it's a walk around the block or a trip to the grocery store. A stroller, baby swing, pacifier, and baby carriers are essential tools that will make life easier.

Also, hands-free carriers are especially useful, as they allow you to keep your baby close while giving you the freedom to do other tasks.

*One last thing...*

You don't need to break the bank to prepare for your baby's arrival. Focusing on the basic and essential items will help you avoid unnecessary stress and expenses while ensuring that you have everything you need to care for your newborn without overcomplicating things.

All you need is a little planning, and with that you can confidently prepare for the wonderful journey ahead.