

General Shopping List

Moms on Call recommends having the following items on hand prior to needing them. This will cut down on any middle-of-the-night trips to the pharmacy after you speak to the pediatrician's office.

We have these items in our own closets and diaper bags. So if you want to know what two pediatric nurses with eight kids keep handy, read on!

- Infant Tylenol (1 bottle) and Children's Tylenol Suspension (2–3 bottles)
- Fever-All suppositories (acetaminophen, the same ingredient for fever reduction found in Tylenol but in suppository form)
- Benadryl Liquid (2–3 bottles)
- Triaminic Nighttime Cold and Cough—purple (1 bottle)
- Robitussin PE (1 bottle)
- Vicks 44M
- Normal saline nose drops (Little Noses is our favorite; get the plain drops.)
- Vitamin A&D Ointment

Note:

Do not administer any medications to your baby without consulting your pediatrician.

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- Vaseline
- Lotrimin AF (may be found in the foot-care section of the pharmacy)
- Diaper rash cream (Palmer's is one without zinc oxide. You can find it at Babies "R" Us.)
- Aquaphor Healing Ointment
- Regular kitchen corn starch
- Aveeno Oatmeal Bath Packets
- Eucerin or Lubriderm lotion
- Cortaid hydrocortisone cream
- Hydrogen peroxide (2–3 smaller bottles)
- Polysporin Antibiotic Ointment
- Antibacterial hand wash
- 4 x 4 gauze individually packed (2–3 boxes)
- 2 x 2 gauze individually packed (2–3 boxes)
- Band-Aids
- Squeezable ice packs
- Tweezers—diagonal head (2–3)
- Glycerin suppositories
- Baby pear or white grape juice
- Isomil DF (antidiarrhea formula)
- Pedialyte (electrolyte replenisher)
- Canned peaches in heavy syrup
- BD digital thermometer (2–3)
- K-Y Jelly
- Medicine dosage syringes
- Infant gas drops

Note:

Remember to always keep a digital thermometer, a bottle of Infant Tylenol, and a bottle of Children's Benadryl secured in your diaper bag.

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- Bug repellent (Skintastic is one particular brand. Spray on hands, then apply to infant sparingly, or just put repellent on baby's clothes and socks.)
- Sunscreen (Water Babies or Spectra by Coppertone are our favorites.)
- Nail clippers by Safety First (with the white hand-grip)
- Long-handled infant spoons (usually one piece of plastic)
- Biz laundry soap (This is great for stain removal—especially if items are soaked overnight, then washed in a regular laundry cycle.)

Bathing

CALL “I have a 1-week-old and I wasn’t sure if I could bathe her in her little bath now, or if I should wait until the umbilical cord falls off.”

This is a frequently asked question. Your baby likely will have his or her first bath at home. It is unbelievably fun and adorable, but be careful—wet babies are slippery! Support the baby’s head until the baby can do so on his or her own.

- Until the umbilical cord falls off, give a sponge bath with no soap and with tepid water (slightly warmer than room temperature).
- After the umbilical cord falls off, regular baths may be given. (Baby soap is optional, but it sure makes them smell good!)

Always make sure that all supplies are kept within arm’s reach. A basket is an easy way to ensure that everything is kept together.

You may use an infant bathtub or hold the baby carefully in the regular tub (see DVD). Use non-skid mats and always be cautious to support the baby’s head and neck.

We have found that the water in the baby bathtubs gets cold faster than in the adult bathtub.

Fill the adult bath with only one or two inches of water. Never leave your baby in the tub or around water unattended.

Things to have at arm's reach in the bathroom:

- Towels
- Washcloths
- Baby soap
- Soft baby brush

Note:
The DVD
demonstration
of bathing
techniques will be
quite helpful.

Bathing every day is fine, but during the first few months, two or three times a week is enough for a full bath. Always rinse your baby well. Babies associate bath time with bedtime. At the very least, sponge the baby down as a nighttime routine.

Females

Do not wash the genital areas with soap. Instead, you can rinse with plain water. Spread the labia (liplike parts) and clean with a diaper wipe or washcloth when taking the diaper off *prior to* the bath.

Males (Circumcised)

After the circumcision is healed, gently pull the foreskin back so the lip of the penis is seen all the way around, and clean well. Do this when you remove the diaper prior to the bath.

Males (Uncircumcised)

Clean the foreskin well. There is no need to retract the skin during the baby's first year. Speak with your doctor for specific care.

Shampooing Hair

Apply a pea-sized amount of baby shampoo to the baby's hair. Scrub the scalp with a soft infant brush. If you are concerned about hurting the soft spot, just scrub gently. Rinse hair well.

Umbilical Cord Care

Keep the umbilical cord dry. Lift up and apply rubbing alcohol with a Q-tip around the base of the cord. Do this at least two or three times a day until it falls off. You may want to cut out a wedge in the diaper so the cord is not covered.

WHEN TO SEEK MEDICAL CARE

- Strong, foul odor
- Oozing yellow/whitish discharge
- Bleeding that runs out of the belly button (more than one teaspoon of bright red blood). Dried blood is okay. The blood that is in the cord is generally leftover maternal blood, not the baby's blood. If the cord has bright red or even persistent dried blood, the pediatrician can usually fix it by putting on a special compound that is painless for the baby.