



Important Items to Have

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- Rectal thermometer. In a normal infant and child, the temperature should range from 97.5 to 100. Ear thermometers are not accurate in children less than three years of age.
- Cotton balls and cotton swabs (do not use cotton swabs in ear canals).
- Nasal bulb syringe. A syringe with a soft rubber or plastic blunt tip can be used for cleaning the baby's nose.
- Normal saline drops to help clean a stuffy nose.
- Infant Car Seat. See Before You Go Home section.
- Smoke detector located near the baby's room.
- Cool mist humidifier. See section on Home at Last: Room Temperature & Humidity.

Helpful Items to Have

- Automatic swing. A swing can be helpful for soothing fussy or crying babies. Be sure the swing has a sturdy base and crossbars.
- Snuggli or baby carrier. These carriers keep the baby close to mom and dad and safely away from others. If the baby must go with you into crowded places during the first two months, this is a good item to have.

Unnecessary Items

- Baby monitors or intercoms. These devices can interfere with the baby setting his or her own sleep patterns.
- Baby scales. These scales tend to be inaccurate. There are other better ways to determine if baby is getting enough to eat.
- Bottle warmer or infant feeder.
- Walker. Walkers are not recommended by our practice. Walkers can cause serious injuries and tend to delay infant development (including walking).