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The Must Have Checklist for Every First Time Parent

I am a first time mom and I can remember being excited about all the things I needed/wanted for my newborn son yet totally terrified that I didn't have everything I needed to properly take care of him so I compiled this list of things to help other first time moms know what they should have and the reasons why. Everything you need can be found on [One Stop Shop For Kids](http://www.onestopshopforkids.com) .

Bath Time!

Some children don't like bath time so it is the job of the parents to make it fun and yet safe at the same time. Here is a list of things that parents need to enjoy tubby time with their children.

- **Infant Tub-** My son absolutely loved taking a bath in the [Fisher-Price Rainforest Bath Tub](#) . This three-stage tub provides a comfortable bath-time experience for your baby from birth through toddler hood. For newborns, hang the sling from both ends to cradle your infant safely and securely. When your baby begins to sit up, use the sling along the slope of the narrow end of the tub for reclined support. For toddlers, remove the sling completely, or use as gentle back support at the wide end of the tub.
- **Bath Time Gift Set-** You will need lotion, shampoo, powder, body wash, safety swabs and of course a rubber duckie! [Johnson's](#)

[Bathtime Gift Set](#) gives a new mom everything she needs all at once and makes a great shower gift!

- **Wash Cloths-** [Bumkins Organic Cotton Washcloths \(3-Pack\) Sage](#)
These premium-quality washcloths are especially thick, soft, and luxurious for bathing your baby's delicate skin. Use them in the kitchen after mealtime or in the tub at bath time.
- **Bath Toys-** Help your child learn while bathing. The [Munchkin Sea & Learn Bath Shapes](#) are colorful and intriguing twist on an old favorite, this 84-piece set of nontoxic foam letters, numbers, and sea shapes is guaranteed to keep your child happily occupied in the tub. The set includes two sets of letters (A-Z) and numbers (0-9), plus 12 sea shapes, all decorated with vibrant patterns. Your child will love forming words, number sequences, or a tub wall masterpiece. Or, just let them float around. Packaged in a ventilated storage container that helps keep shapes mildew-free.
- **Container to hold bath toys-** [Boon Frog Pod](#) Scoop, rinse, and store bath toys in one fell swoop with the innovative Frog Pod. The base adheres to virtually any bathtub wall and comes equipped with a built-in shelf for shampoo, conditioner, and soap. When it's time to clean up, use the removable scoop for easy pick up.
- **Water Thermometer-** Protect your child from scalding water with this floating [Safety 1st Bath Buddy Thermometer](#) . Or, if your child loves water play, the constant temperature read will also let you know when the tub has grown too cold
- **Faucet Cover-** [Kel-Gar Tubbly-Bubbly Elephant](#) Your baby will think it's so funny to see the bath water pouring out of his animal pal's mouth; little does he know, this cute faucet protector is serving an important safety function as well
- **Flexible edge shampoo rinse cup -** To keep the water out of your child's eye use the [S.C. Products Shampoo Rinse Cup](#) . This easy-to-pour rinse cup helps keep shampoo and water out of your child's

eyes during bath time. A soft, flexible edge along the front forms a watertight bond against the forehead.

- **Tubside Seat for parents-** [Safety 1st Tubside Bath Seat](#) Straining to support your baby in the tub while trying to reach those hard-to-clean spots can be tough on your back. This well-designed contoured bath seat does the swiveling for you, offering easy access to your baby's front, back, and sides while you stay in one comfortable position. You can also lock the seat in a stationary position
- **Robe/Hoodies** - Wrap your baby in warmth when bath time is done with this [Carter's Lamb Hooded Towel](#) . Cute and cozy, it's detailed with pink trim and an appliquéd and embroidered sheep peeking over the fold.

Clothing!

When you go to stores looking for clothes for your little one it can be overwhelming. Here is a list of necessities.

- **Footie Pajamas-** [Carter's I Love Hugs Terry Sleeper](#) A gaggle of happy animal friends gather to invite hugs on our cozy white terry sleeper by Carter's. An appliquéd frog, duck, and giraffe peek over an embroidered fence, while a teddy bear playfully dangles over the front. These animals, with their "I love hugs" message, make the sleeper an adorable choice for baby girls or boys. The covered feet have bold giraffe appliqués, making it more fun for baby to kick. Neckline and cuffs are edged with 100percent cotton interlock trim. For easy changing and dressing, the sleeper snaps all the way down from the neckline to the covered feet.
- **Swaddle Blanket-** [Kiddopotamus SwaddleMe Microfleece Infant Wrap Yellow](#) The Swaddle Me Infant Wrap is a cozy microfleece wearable blanket that eliminates the hazards of loose bedding, while keeping your baby warm all night. In addition, it has been found that infants sleep better and longer when swaddled, or wrapped securely. The Swaddle Me Infant Wrap is easy to slip on and wrap around a sleeping or wide-awake baby. The bottom pouch pops down for easy

diaper changes while your baby's arms are still wrapped, and the back has slits for car seat/swing harnesses so that a harness can be attached securely. Cute styling features two little bear cubs on the hook-and-loop closure panels.

- **Jackets with hood for cold weather-** [Zutano Cream Fleece Jacket Cream](#) Zutano's stylish Sherpa fleece jacket manages to be warm without extra bulk, so your baby can move freely. This cozy button-front jacket can be worn three seasons of the year, either alone or as a layering item.
- **Mittens/gloves-** [Under the Nile Organic Mittens Natural](#) Made from 100percent organic Egyptian cotton, these mittens are gentle on newborn skin -- and on the environment. The soft, cozy cotton jersey covers the fingers to help keep your baby warm and also prevents accidental scratches. The cotton is grown, dyed, and loomed without any chemicals. Pair them with matching Under the Nile booties, caps, and blankets for a thoughtful baby gift. Under the Nile is a fair-trade company and is proud to have organic certification
- **Onesies-** [Carter's Blue & Brown 5-Pack Bodysuits](#) are perfect for your little athlete. Light blue with all over football print in darker blue is accented with appliqued and embroidered cleats, football, and helmet; chocolate bodysuit paired with light blue stripes; medium blue bodysuit is detailed with the words "Property of Mom Forever"; light blue bodysuit with all over sports equipment print featuring footballs, basketballs, baseballs with bats, and soccer balls; chocolate bodysuit accented with embroidered words "All star."
- **Sleeping Gowns/Bags-** [Carter's Blue Dog Sleeping Bag](#) For ease, comfort, and warmth, sleeping bags are the best. With a simple bodysuit underneath, they make nighttime diaper changes really easy. You can even zip this sleep sack over pajamas for an extra layer of warmth on chillier nights
- **Socks-** [Trumpette Toddler Mary Jane Socks](#) These playful Mary-Jane socks look like dressy little shoes. Packaged in a beautiful box with a brightly colored top and wrapped in polka-dotted cellophane, they

make a very cute and thoughtful gift. Fun colors include avocado, fuchsia, purple, red, white, and golden yellow. [Trumpette Baby Camo Socks Boy](#) Socks this cute are too fun to hide! Stylish camouflage creates a colorful pattern on six pairs of comfy socks from Trumpette. Boy colors include khaki, green, blue, orange, yellow, and gray; girl colors include pastel yellow, tangerine, pink, lavender, sea foam, and lime. Non-skid soles give your baby's feet some traction. And, the camo-topped box and polka-dot cellophane create a great gift-ready package.

- **Summer Hats-** [i play White UPF Sunhat](#) Made from sun-protective fabric with an ultraviolet protection factor (UPF) of 30+, this lightweight hat is crucial to protecting your child's delicate skin from the harsh, damaging rays of the sun. It features an elasticized back for a snug yet comfortable fit, a brim in front to shield the face, and a flap in back for neck protection. Available in Infant (6-18 months) and Toddler (2T-4T) sizes.
- **Sunglasses-** Your child's eyes may be more sensitive than yours to bright light and equally vulnerable to the damaging rays of the sun. These comfortable, [i play Palm Flexi Specs](#) sunglasses stay put with an adjustable strap and provide 100percent UVA and UVB protection.
- **Winter Hats-** [Zutano Stripe Fleece Hat](#) This warm and toasty cotton/polyester knit hat helps your baby retain precious body heat. It fits snugly and is topped by two sweet little ears. Paired with Zutano's matching fleece mittens and jacket, your child can't get any cuddlier

[Food and Formula](#)

- **Diaper Bags-** Diapers Bags are personal and something that you have to carry with you every where that you go. Check out these awesome [Diaper Bags](#) and find the one that matches your needs and your style.
- **Bibs-** Bibs are a necessity and an accessory. To find the cutest bibs for your little check out these links... [Bibs for Boys](#) and [Bibs for Girls](#).

- **Bottles-** There are many brands of bottles to choose from but the ones that work best among my friends and I are [Dr. Brown Standard Polypropylene Bottle \(3-Pack\)](#) and [Philips / Avent Natural Feeding Bottle \(3-Pack\)](#) . Dr. Browns bottles were designed by a doctor in response to his son's colic, this revolutionary bottle helps reduce colic, spit-up, and gas. Made of safe, polypropylene plastic that's BPA-free, a special internal vent prevents air bubbles from forming in liquids and keeps nipples from collapsing. The vent also helps prevent fluid from gathering in your baby's ears while feeding, reducing the chance of painful ear infections. Each bottle comes with a silicone nipple, nipple collar, nipple cover, travel disc, and two-piece snap-together vent. The Avent bottle has a patented anti-vacuum valve that prevents your baby from swallowing air, which can cause painful gas. The broad soft silicone nipple mimics the shape and feel of the breast. Dome caps seal the nipple for spill-proof mixing and transporting. Avent's wide-neck design is easy to hold and makes filling and cleaning a breeze. Features an accurate, easy-to-read scale to let you know how much you've fed your baby.
- **Bottle Brush -** [Philips / Avent Bottle Brush](#) Scrub bottles, nipples, and feeding accessories with this plastic dishwasher-safe bottle brush. A curved design and round bristles make cleaning hard-to-reach areas a snap.
- **Bottle Sterilizer-** Sterilizing bottles can be a major pain boiling water or taking up extra space in your dishwasher. I suggest you get a sterilizer like this [Dr. Brown Microwave Steam Sterilizer](#) . Sterilizing your Dr. Brown's Natural Flow baby bottles couldn't be easier. This microwave steam sterilizer features a custom tray that accommodates four standard or four wide-neck bottles plus all of their components. Fill the sterilizer with 6-oz. of water, position the bottles and components, cover with the lid, and then place in the microwave. The steam heat effectively kills all common household bacteria within 5-8 minutes (depending on your microwave's wattage)
- **Bottle Warmer -** You can warm your baby's breast milk, formula, or baby food with no danger of overheating in this handy appliance.

The unit holds all types of bottles, including disposables and baby food jars. Just plug the [Philips / Avent Express Food and Bottle Warmer](#) , add water and your bottle or jar, adjust the heat setting, and relax. A light flashes when the water reaches the desired temperature, telling you it's time to check your food. A chart on the back of the unit explains how long it takes to heat different-sized containers at different settings. The set includes a feeding dish and lid so you can warm up any kind of baby food, including leftovers from last night's dinner.

- **Breast Pump-** [Medela Pump In Style Advanced - Metro Bag](#) This is the breast pump I used and I totally recommend it. Updated for 2008 at an unbeatable price, the Pump In Style Advanced Breast Pump has all the same great features as the original plus some new, thoughtful additions. Every component you need stows neatly inside the roomy messenger bag that's handsome enough to use after you stop pumping. Second, the pump motor is removable and comes with a sleek, compact carrying case so you can pump out of any bag you choose. Plus, you get a matching removable cooler and ice pack that chills milk for up to 12 hours. **Also new:** This model allows you to toggle between two pumping modes for a gentler transition, using a revolutionary technology that mimics your baby's nursing pattern: Let-down Mode simulates your baby's initial rapid suckling for faster milk flow; Expression Mode mimics your baby's slower, deeper suckling for maximum milk flow in less time. It also comes with an AC adapter and battery pack, so you have two ways to use your pump: using battery power or plugged into an electrical outlet.
- **Breast milk storage containers for freezing breast milk-** Is your dish rack overflowing with baby bottles, breast pump bottles, sippy cups, and more? Streamline your system with this new set ... [Medela Breastmilk Feeding & Storage Set](#) . Pump breast milk into a bottle (now conveniently marked in easy-to-read ounces and milliliters), store it, or screw on a nipple -- any standard neck nipple will fit the neck's universal thread -- and feed directly to your baby. The nipple caps also double as feeding cups. It doesn't get handier than that.

- **Burp Cloths** - Burp cloths are necessary but you want something cute and stylish on your shoulder to catch all the spit up so check out [Baby JaR Burpies City Slicker \(Set of 2\)](#) Click the following links for [Boy Burp Cloths](#) or [Girl Burp Cloths](#).
- **Dishwasher Basket for nipples and bottles** - [Munchkin Deluxe Dishwasher Basket](#) The key to this design is that it keeps nipples and straws in an upright position throughout your dishwasher's cleaning cycles, allowing for a targeted water spray and more thorough sanitizing.
- **Extra Bottle Nipples** - [Dr. Brown's Wide-Neck Nipple \(3-Pack\)](#) The wide contoured shape of this soft silicone nipple closely mimics that of the breast, making the switch from breast to bottle easier for your baby. The nipples are designed for use with Dr. Brown's wide-neck baby bottles, which feature a special vent that helps prevent colic and excess gas and keeps fluid from gathering in your baby's ears.
- **Formula-** Finding the right formula can be a guessing game. Your child may have a reaction to certain kinds. To find the perfect match for you and your baby [click here](#) to view all the formula options.
- **Nipple Pads if breastfeeding** - [Lansinoh Ultra Soft Nursing Pads \(36-Pack\)](#) Nursing pads are a must for a nursing mom. Your nipples will leak milk at the most inopportune time so having a lansinoh nursing pad inside your bra is a must for your sanity and your clothes! For over 20 years, Lansinoh has provided relief and comfort to millions of mothers and their babies through their premium, mother-tested products. Lansinoh understands that in the first days of breastfeeding, nipples can become extremely tender. These pads, designed to relieve tender skin, gently cradle the breast for maximum comfort and absorbency.

[Nursery](#)

Every new mom wants their child to come home to an amazing nursery. There are so many things that can help you and your child adapt to the

new surroundings and life that you are going to lead as mother and child. Here are some important and helpful items to assist you in your making the perfect nursery.

- **Crib** - The [Crib](#) is centerpiece in the nursery. Every mother wants a beautiful, comfortable and safe crib for their little one. You have a variety of options...sleigh cribs, round cribs, co sleepers, convertible cribs, and much more.
- [Changing Table](#) - You will spend lots of time bonding with your child while changing their diaper so you will want a multifunctioning table that can hold everything you need at a fingertip reach for those squirmy babies.
- **Changing pad cover** - Do yourself a favor and go ahead and invest in two to three changing pad covers. This way you always have a spare when you are washing the little accident off of the other one.
- [Diapers](#) - There are lots of diaper brands to choose from. In my experience the Pampers brand works the best on boys and Huggies for girls. They also come in stages and sizes.
- [Wipes](#) - Baby Wipes are your friend. Not only are they perfect for cleaning little bottoms but you can use them to wipe noses, sanitizing hands and mopping up little spills.
- [Diaper Changing Accessories](#)- There are a lot of accessories that you will need/want for changing a diaper such as diaper genie for the dirty diapers, diaper stacker or diaper caddy to hold extra diapers, lotion, diaper rash cream, baby powder and even safety pins for cloth diapers. To find all of these items visit Onestopshopforkids.com.
- [Medicines](#) - Your doctor will tell you which medicines are safe and recommended for what is ailing your child but the one stop shop for kids [Medicine](#) page will help you see what most doctors allow children to take once they are past a certain age and weight.
- [Alcohol for Umbilical Stump](#)

- **First Aid Kit** - [Classy Kid Boo-Boo Rescue First Aid & Bravery Kit](#)
With its toy stethoscope, cute cold pack, and large box of Band-Aids in playful, cutout shapes, this first-aid kit takes the scare out of everyday bumps and bruises. The Boo-Boo Rescue Kit includes all the basics in kid-friendly form: sting-free antiseptic wipes, antibiotic cream, fruity-smelling wound cleanser, gauze pads, and more.
- **Swaddle Blanket** - [Swaddle Designs Ultimate Swaddling Blanket Gift Set Stars/Blue Dots](#) The ultimate newborn baby gift and a hands-down favorite among celebs and parents in-the-know, this essential gift set includes one Ultimate Swaddling Blanket, a set of two Baby Burpies, and a Fuzzy Baby Lovie. The Swaddling Blanket is designed to take the mystery out of swaddling, making it easy for parents to wrap their baby snugly in a blanket to calm and comfort. The ultimate burp cloth, Baby Burpies keep you covered in style, protecting your clothing from baby spit-up and drool. Each cloth features an absorbent pad sandwiched in the center. The Fuzzy Baby Lovie is a small security blanket made of amazingly soft textured pile on one side and silky-smooth satin on the other.
- [Glider/Rocking Chair](#) - Rocking your child to sleep, reading a bed time story or just cuddling is one of the most precious things you can do with your child so make sure.
- [Extra Sheets and Blankets](#)
- **Diaper Genie-**
- [Humidifiers](#) - Humidifiers are wonderful especially when your child has a cold or a bout of croup or bronchitis. I recommend [Hunter CareFree Humidifier Plus - 2 Gallons](#) because If you live in a dry climate, or in a home with dry interior air, your baby may be prone to uncomfortably stuffy sinuses from colds or allergies. This cool mist humidifier can help bring relief, adding soothing moisture to the air. It's convenient and easy to use, and it has a compact, stylish design. Also, [Crane Adorable Animal One Gallon Ultrasonic Humidifier Panda](#) This ultrasonic humidifier brings a soothing cool mist to dry

rooms. Unlike many humidifiers, this model is easy to fill and extremely quiet. And with its darling design, it's a sweet addition to a child's room rather than an eyesore.

- **Mobile for Crib -**
- [Books to read at Bedtime](#) - My son has lots of favorite books. **Bright and White: Brushing your teeth can be fun!** is a great little book that helped me get my son interested in brushing his teeth like mom and dad.
- [Baby Monitor](#) - Now you don't have to stay in one room if you want to watch and listen to your baby while she sleeps. The [Color Portable Video & Sounds Monitor by Bebe Sound](#) can be operated entirely with batteries so you can freely move about the house and still be able to see and hear your baby. With this monitor you have several options because both the camera and receiver can be operated either on AC power or with batteries. For example, when your baby is sleeping in the nursery, you can use the AC adapter for the camera thereby saving battery life. If you are going to be working in only one room when the baby is sleeping, you can also use an AC adapter to power your receiver. Each unit takes 6 AA alkaline or rechargeable batteries. 6 AA rechargeable batteries are included with the monitor.
- [The Boppy Company Total Body Pillow](#) - In the later months of pregnancy, finding a comfortable position for sleeping, resting, or even sitting can approach the impossible. Alleviate sore back, neck, and hip muscles with Boppy's Total Body Pillow. Bend, roll, or fold it any which way you choose to get the support you need, just where you need it. And with the soft Pima cotton cover, your family members will be fighting you for it.
- [American Baby Company \(ABC\) Crib Waterproof Quilted Mattress Pad White](#) - Your best defense against a leaky diaper or sick baby. Cleaning her crib is as easy as removing this cushy waterproof pad. (It helps to have at least one extra on hand.)
- **Nail Clippers-** Trimming a baby's nails can be difficult, especially if your little one squirms a lot. Try it while they sleep! [Safety 1st Sleep](#)

[Baby Nail Clipper](#) illuminate tiny nails for tear-free clipping so you can confidently and accurately clip without waking your baby.

- [Safety 1st Complete Healthcare Kit](#) - Great for home or travel, this kit keeps you stocked and organized. Keep it near the changing table, in your diaper bag, or save it for trips. It contains a smart assortment of essentials for your child, including a digital thermometer, nasal aspirator, medicine dropper, and more, all housed in a handy, zippered case.

[Diaper Bag](#)

Your child will be attached to one hip and your diaper bag will be on your other. It will be a lifesaver for you and your baby so here is a list of things that are great to have inside.

- [Diapers](#) - There are lots of diaper brands to choose from. In my experience the Pampers brand works the best on boys and Huggies for girls. They also come in stages and sizes.
- [Wipes](#) - Baby Wipes are your friend. Not only are they perfect for cleaning little bottoms but you can use them to wipe noses, sanitizing hands and mopping up little spills.
- [Pacifiers- Philips / Avent Translucent Silicone Pacifier \(2-Pack\)](#) are great at calming down a fussy baby especially when you are out in public. Avent introduces a fresh look with their new translucent line: discreet on the outside, same Avent design you trust on the inside. Created to fit the natural contours of your baby's mouth, these pacifiers won't interfere with the natural development of teeth and gums.
- [Nail Clippers-](#) Trimming a baby's nails can be difficult, especially if your little one squirms a lot. Try it while they sleep! [Safety 1st Sleep Baby Nail Clipper](#) illuminate tiny nails for tear-free clipping so you can confidently and accurately clip without waking your baby.

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- **Socks-** [Trumpette Toddler Mary Jane Socks](#) These playful Mary-Jane socks look like dressy little shoes. Packaged in a beautiful box with a brightly colored top and wrapped in polka-dotted cellophane, they make a very cute and thoughtful gift. Fun colors include avocado, fuchsia, purple, red, white, and golden yellow. [Trumpette Baby Camo Socks Boy](#) Socks this cute are too fun to hide! Stylish camouflage creates a colorful pattern on six pairs of comfy socks from Trumpette. Boy colors include khaki, green, blue, orange, yellow, and gray; girl colors include pastel yellow, tangerine, pink, lavender, sea foam, and lime. Non-skid soles give your baby's feet some traction. And, the camo-topped box and polka-dot cellophane create a great gift-ready package.
- **Toys-** Always have some kind of favorite toy for your child that you can pull it out when they start to get restless. If your child has a favorite toy...buy a couple!

Gear

There are lots of items that you need in order to get your child safe while traveling, eating, shopping, sleeping and just having fun in your home. Here are some of those important items.

- **[Infant Car Seat](#)**- Your child must be in an infant car seat in the car facing backwards until 20 pounds AND One year old. You might also want a [car seat protector](#) to that you can easily remove to wash off spit up, diaper leaks or snacks. Another great thing is a mirror so you can see your baby in your [mirror](#) and they enjoy making faces as well.
- **[Crib](#)**- There are many selections on cribs. You can have a round, sleigh, co-sleeper, bassinet and more plus many colors such as white, black, honey, espresso, red, blue, etc.
- **[Changing Tables](#)**- You will spend many hours changing diapers on your changing table so make sure it is functional and cute to go with your nurseries theme.

- [Glider/Rocking Chair](#) - Rocking your child to sleep, reading a bed time story or just cuddling is one of the most precious things you can do with your child so make sure.
- [Pack N Play/Playards](#)- These are great for traveling, using as the crib in your master bedroom when the baby is first born or you can put them in your kitchen so your child can safely play or rest while you make dinner.
- [Swings](#)- Babies like motion so baby swings help the child relax and feel as if it is still swaying and moving in the womb. I highly recommend one...my son took lots of naps in his swing which made it easy for me to catch a few winks as well. [Fisher-Price Rainforest Swing](#)
- [Bouncy Seats](#)- These are great because most come with a vibration mode that will help soothe your baby if it is upset. I also placed my son in his bouncy seat with his bottle while I showered so I could have a few moments of privacy and I knew he was safely strapped in.
- [Stroller](#)- When you are a mom your arm muscles get toned quickly because you are constantly lifting heavy car seats and carrying your little one, diaper bag, purse etc. The stroller is a must to help you have your hands free while shopping, going to the zoo, etc. You have many options on strollers as well...[regular strollers](#), [travel strollers](#), [jogging strollers](#), [strollers that ride behind bicycles](#).
- [Exersaucers](#)- These are great for helping your child learn to stand and strengthen their back. They come plain or with [tons of gadgets](#) and noise makers to keep your child entertained.
- [Walkers](#)- Walkers help teach your children how to walk and be mobile but make sure all stairways are blocked so there are no accidents.
- [High Chairs](#)- There are also many different types, colors and styles of high chairs. [Travel High Chairs](#), [Stackable High Chairs](#), [Space Saver High Chairs](#), [Modern High Chairs](#) and [regular High Chairs](#)

- **Booster Seats**- There are two kinds of booster seats. One for the kitchen table and one for your car but the one for your car won't be needed until your child is much bigger.