

TIP SHEET: Preparing for a New Baby

For the parent

Preparing to bring your new baby in the world can be exciting and overwhelming at the same time. Luckily you have nine months to get everything you need for your little one and there are references in your community to help you.

Here are a few tips to help you prepare to bring your new little newborn home (and, congratulations!):

- Stock the nursery and kitchen with baby-care basics including bottles, nipples, lots of diapers and wipes, as well as a digital ear thermometer, nasal aspirator, baby nail clippers and diaper cream.
 - A few more things you will need to get started are a crib or bassinet, sheets (at least two pairs), a waterproof mattress pad, a soft blanket, diapers, wipes, Vaseline, a baby bath tub, soft washcloths, burp rags and a lot of easy-to-remove-and-put-on outfits.
 - Ask friends with young children for recommendations on what to borrow versus what to buy. You will soon learn that everything will start adding up fast, so decide on what you want to borrow and what you want to buy new. You may want new clothes for your baby but you could borrow things like a car seat, stroller or crib.
 - Consider bringing in help like your mom or mother-in-law for a few days after the baby is born—especially if you have other children. This will help you feel less overwhelmed in the beginning and give you a chance to rest a bit.
 - Have a support system of friends and family that can help you if you need it or just to talk and share your new experiences with.
 - Before the baby arrives, try to map out a plan for rest and relief. Begin splitting household chores, talk to friends and family about helping you with other children or other major responsibilities.
- 

- Becoming a parent changes many aspects of your life, including relationships. It is very normal to experience stress when starting a family because your whole life changes. The key is to talk to the people in your life and share your feelings before and after the arrival.
- Before the baby arrives you should begin to put money aside for supplies and unexpected costs. We all have different financial situations, so any amount is better than none.
- If you already have children, make sure you talk to them about their new brother or sister. It is hard for children to adjust to new siblings so make sure you are spending plenty of time with your other children and showing your love for them and your newborn.
- Take time to learn about postpartum depression. If you feel like you are experiencing any symptoms talk to your doctor as soon as possible.