



Parenting Checklists

Diaper Bag

- Diapers: Take more than you think you'll need, as many as one for every hour of your outing.
- Small box or travel pack of wipes: These aren't just for baby, but for your hands, too.
- A tube of barrier cream or diaper-rash cream
- Several cloth diapers or other cloths for burping, spit-up, and other messes
- An extra shirt, pants, and pair of socks for baby
- An extra shirt for you
- Baby sunblock
- Baby's bottle, if she uses one -- to keep things sanitary, you might put the nipple in a plastic bag
- At least one toy
- A favorite comfort object
- If baby is on solids, a container of baby food and a baby spoon, or else a container of snacks, such as cereal or crackers
- A bib
- Two extra pacifiers (if baby uses them) stored in a clean plastic bag
- A cell phone for emergencies
- An index card with your name, address, and phone number, should the bag get lost
- An index card with the pediatrician's number, a neighbor's number, and a number where your spouse or one of baby's grandparents can be reached
- A changing pad -- many diaper bags come with one
- A few large plastic bags for sealing and tossing dirty diapers, or taking home soiled clothes
- Water and a snack for you