



Parenting Checklists

First Aid

Prescription medications

Also bring a copy of the prescriptions and your doctor's phone number, just in case, but bear in mind that some pharmacies accept only local prescriptions. Include a medicine dropper or oral syringe as well.

Thermometer

You'll probably want a digital oral thermometer.

Children's acetaminophen or ibuprofen

For lowering fever and easing pain.

Liquid soap

Get the gel kind that doesn't require water. Useful for cleaning up scrapes as well as messy diaper changes when your child has diarrhea.

Antibiotic ointment

To help heal cuts and scrapes and keep them from becoming infected.

Sterile bandages

You may also include sterile gauze pads to clean up scrapes and staunch bleeding.

Tweezers

For removing splinters or ticks.

Sunscreen

Find one that's SPF 15 or higher, with both UVA and UVB protection. Include lip protection as well.

Insect repellent

Use 5-10 percent DEET for young children, 25 percent for adults.

Calamine lotion or hydrocortisone cream

To soothe insect bites, rashes, and sunburn.

Cold pack

To reduce swelling from bumps, bites, and minor burns. Get the kind you just squeeze to start the cooling reaction.

First aid pocket guide

Try Janet Zand's *Parent's Guide to Medical Emergencies*.

Electrolyte replacement solution

Helps prevent diarrhea-related dehydration. Some brands are made for children, like Pedialyte.