



## Parenting Checklists

### Medicine Chest

- Digital thermometer
- Infants' non-aspirin liquid pain reliever (acetaminophen or ibuprofen)
- Topical calamine lotion or hydrocortisone cream (1/2 percent) for insect bites and rashes
- Rubbing alcohol to clean thermometers, tweezers, and scissors
- Petroleum jelly to lubricate thermometer
- Antibacterial ointment for cuts and scrapes
- Tweezers for splinters and ticks
- A pair of sharp scissors
- A pair of safety manicure scissors
- Child-safe sunscreen lotion ([click here](#) for details on baby sun safety and sunscreen guidelines)
- Child-safe insect repellent
- Pediatrician-approved children's-strength liquid decongestant
- Nasal aspirator bulb syringe for drawing mucus out of a stuffy nose (*not* the pointy-ended ear syringe)
- An assortment of adhesive bandage strips in various sizes and shapes.
- Gauze rolls (1/2 to 2 inches wide)
- Gauze pads (2x2 and 4x4 inches)
- Adhesive tape
- Sterilized cotton balls
- Cotton-tipped swabs
- Mild liquid soap (antibacterial and deodorant soaps may be too strong for babies' sensitive skin)
- Baby shampoo
- Baby moisturizing cream to help soothe your baby's skin
- A medicine dropper, oral syringe, or calibrated cup or spoon for administering medicines
- A package of tongue depressors to check sore throats

- A heating pad
- A hot-water bottle and ice pack
- A small flashlight to check ears, nose, throat, and eyes
- First-Aid manual. The American Red Cross's *Standard First Aid & Personal Safety* gives detailed advice for handling both minor and major emergencies.

Additional item to include only if recommended by your pediatrician:

- Rehydration fluids, such as Pedialyte, to treat infant diarrhea.

**FYI:** If your child is allergic to bee stings, peanuts, or shellfish, or if he has some other type of life-threatening allergy, carry an epinephrine kit with you and keep another one in your first-aid kit.