

Lincoln Pediatrics

Adam Sergiwa, M.D.

Clothing Needs for New Baby

Clothes for your new baby do not have to be elaborate or expensive. A number of factors determine what you should purchase before your baby's arrival:

1. What climate you live in and what season of the year is it?
2. Do you have a washer and dryer so you can wash clothes more often?
3. Do you have friends or relatives who might give or loan you clothes?
4. Will you receive gifts and presents before or after the baby is born?

Clothing Items You Will Need

- 2 Body suits (Onesies) or T-shirts (size Newborn). T-shirts are good at first until the umbilical cord falls off.
- 4 to 6 Body suits (Onesies) size Small
- 4 to 6 Sleepers or gowns (a couple newborn size, the rest size 6 months)
- 50 to 60 Newborn size disposable diapers (about 1 weeks worth). Babies grow so fast that you will start using the small (size 1) diaper in just a few weeks.
- 4 to 6 Diaper covers (if you are using cloth diapers or diaper service)
- 36 to 48 Cloth diapers (if you are using cloth diapers)
- 4 to 6 Stretch suits/Play suits (some newborn size, but most size 6 months)
- 3 to 4 Blanket sleepers (less if your baby is born during the summer)
- 4 to 6 Receiving blankets
- 2 Blankets
- 1 to 2 Sweaters/Sweatshirts/Jackets
- 4 to 6 Socks/Booties
- 6 Burp cloths (cloth diapers work well for this)

If it is **winter** you will need:

- 1 Snowsuit (make sure it is large enough to last the whole winter and fit over clothes)
- 1 Hat
- 2 Blanket sleepers

If it is **summer** you will need:

- 1 Swimsuit
- 1 Sun hat
- Swim diapers

Hints about Clothes and Dressing:

- Buy clothes based on your baby's weight, not according to age. Your baby will grow very fast the first few months and quickly outgrow small clothes. Most clothes that you use at first should be size 6 months or "up to 18 lbs."
- Think about spitting up, leaky diapers, and other common mishaps when deciding how many Onesies to buy.
- Look for clothing that is easy to put on and take off, such as onesies with snaps or large openings at the neck, sleepers with zippers that go from neck to foot, and pants with snaps at the crotch. This makes it easy to change diapers.
- Make sure that seams in clothes are not scratchy or bulky and that there are no loose threads to snag your baby's toes or fingers.
- Read the washing instructions on clothing tags. Some baby clothing has a fire-retardant coating that can come off if not washed properly.

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- Dress your baby for comfort and the weather. Use layers of clothing rather than a lot of heavy clothes so you can add or take off layers as needed.
- Use loose fitting socks or booties so your baby can wiggle his or her toes. If it is warm, your baby can be barefoot. Babies do not need shoes or no-skid socks until they start walking.
- Pull clothes over the head quickly. Babies panic when their breathing is blocked. Remember this when you pull clothes over your baby's head. Gather the clothes at the back of the head, put the clothes on the back of the head, and then pull them quickly over your baby's face. When taking off shirts, take the arms out first and then pull it over your baby's head.

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