

## **BASIC ITEMS FOR THE HOME WITH CHILDREN**

Items to have at home for a newborn:

1. Digital thermometer
2. Saline nose drops and nasal aspirator
3. Zinc-oxide base diaper rash cream (i.e., Desitin, Balmex)
4. Vaseline
5. Moisturizers (i.e., Aquaphor, Eucerin, Lubriderm)
6. Rubbing alcohol
7. Bacitracin
8. Diapers
9. Cotton balls
10. Bottles with nipples
11. Pacifier
12. Standard formula (i.e., Enfamil or Similac)
13. Mild soap (i.e., Dove) and detergent (i.e., Dreft)
14. Baby comb
15. Emory board (soft)

Items to have at home for older children:

1. Oral electrolyte solution (i.e., Pedialyte)
2. Acetaminophen suspension (160 mg per teaspoon)
3. Suppositories (80 or 120 mg)
4. Ibuprofen suspension (100 mg per teaspoon)
5. Benadryl suspension (12.5 mg per teaspoon)
6. Hydrocortisone cream (i.e., Cortaid)
7. Antibiotic ointment (i.e., Bacitracin)
8. Antifungal cream (i.e., Lotrimin)
9. Sunscreen with at least 30 SPF and waterproof
10. Over the counter cold medicine (i.e., Pediacare or Dimetapp suspensions)
11. Over the counter cough medicine (i.e., Robitussin DM suspension)

### **REMEMBER!**

- Keep your pediatrician, local hospital and pharmacy telephone numbers close!
- Poison Control: 1-800-222-1222