
making a first-aid kit for baby

It's scary to think about a newborn living in your home. But you will feel more prepared if your medicine cabinet has these health and safety must-haves:

- **THERMOMETER** Buy a digital rectal thermometer. It is more reliable to use a core (rectal) temperature for babies, which means you should not use an ear or forehead thermometer for now. Get petroleum jelly to lubricate the thermometer.
- **NAIL CLIPPERS OR FILE** You may be surprised how fast baby's nails grow. The kind of clippers made for babies are ideal for little fingers, so you do not snip skin by mistake. If even those freak you out, use a baby file instead.
- **BULB SYRINGE** Baby will not be able to blow her nose yet, so use this to suck out the congestion.
- **INFANT ACETAMINOPHEN (TYLENOL)** Fever in a newborn is worth a call to the doctor and an office visit. The pediatrician will probably prescribe acetaminophen.
- **SALINE** Put a drop or two in baby's nose to loosen mucus.
- **COTTON SWABS AND BALLS** Moisten them to clean out gucky eyes.
- **AQUAPHOR** This can be used for minor irritations, like chapped lips, dry skin, and diaper rash.
- **BABY COMB/SOFT BRISTLE BRUSH** You will need this if baby has hair or cradle cap.
- **GAS DROPS OR GRIPE WATER** Though there is no clinical evidence that these gas remedies work, many parents swear by them.