



# Newborn Survival Kit

  
**Springfield**  
**clinic**

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**A COMMUNITY OF CARING**

# Safe Sleep

## safe sleep **ABCs**

The ABCs of safe sleep were created to help ensure all babies sleep safely and decrease the risk of SIDS.



### **Alone:**

Sleeping with your baby is not recommended.

### **Back:**

Put your baby to sleep on their back every time.

### **Crib:**

Your baby should have their own space to sleep, such as a crib or bassinet.

The following items will help ensure you are following safe sleep guidelines.

- Swaddle blanket
- Sleep sack
- It is recommended for your baby to sleep in the same room as the caregiver initially, but you may want to think about getting a baby monitor for naps and when you transition them to their own room.

## Easy breathing

- Bulb suction device
- Nasal saline drops
- NoseFrida
- You may also wish to get a humidifier



## Feeding

- Consider how you will want to feed your baby, with breastmilk or with formula. If you choose to breastfeed your baby, you will want to have some nipple cream, such as lanolin, on hand for sore nipples. If you think you would like to pump milk, you may also want to get a breast pump, milk storage bags, bottles and nipples. Your baby may also need to take a vitamin D supplement a few weeks after they are born.
- If you choose to give formula, you will need bottles, nipples and formula. It is ok to have a few cans of formula at home, but you can hold off on buying bulk in the beginning as some babies do need to change formulas for certain reasons. You will also need bottle sanitizing supplies—this can be a specific sanitizer, or you can hand wash them.
- A nursing pillow can be helpful for breastfeeding and bottle feeding babies.





## Skin care

- Hypoallergenic soaps and lotions are best for sensitive baby skin.
- You may also want to get unscented laundry detergent.
- For diaper area care, use Vaseline®, Desitin® and unscented baby wipes.
- Use soft washcloths when bathing or cleaning your baby.

## Healthy minds

- Respite - Have some trusted family/friends who you can ask to briefly care for your baby, so you can have some time for yourself.
- Use your pediatrician! We are here for all questions/concerns to help you take care of your child, yourself and your family.



## Additional **supplies**

- Car seat — you will need this before you leave the hospital with your baby.
- Diapers
- Unscented wipes
- Burp clothes
- Digital thermometer (You can use this under your baby's arm, which is more accurate than the forehead and ear thermometers.)

## Care for you **after delivery**

- Disposable postpartum underwear or Depends®
- Perineal cooling pad liners and ice maxi pads