



**RAISING
MULTIPLES**
a MOST Community

THE LIST:

Nursery Preparations: Equipment, Layette, and More

Baby showers

Here are a few ideas for baby showers that might be helpful to families expecting multiples.

- Meal shower: Guests bring frozen dinners in disposable containers with reheating instructions or gift certificates with menus for restaurants that offer carry-out or delivery options. If the shower is held too early to bring the actual dinners, guests can sign up on a fill-in calendar what meal they would like to bring and on what date.
- Disposable diaper, wipe, and coupon shower: Parents of multiples go through many disposable diapers, and probably never have too many of these.
- Baby safety shower: A learning party where all the activities revolve around home safety themes and developed by the Consumer Product Safety Commission. See the [CPS website http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Kids-and-Babies/The-Safe-Nursery/](http://www.cpsc.gov/en/Safety-Education/Safety-Guides/Kids-and-Babies/The-Safe-Nursery/) for details.

Clothing for triplets or more:

You may not need all these items. It will depend on your climate, the temperature you keep your living spaces and if you have a washer/dryer available.

- 3 undershirts per baby (size for warm weather)
- 2 Onesies per baby (size for warm weather)
- 2 sleepers per baby (size for cool weather)
- 2-3 gowns per baby
- 2 caps/hats per baby (hospital may provide 1 or 2 each)
- 3-5 pairs of socks/booties per baby (more for cool weather) (Note: infants do not need shoes)
- 1 snowsuit per baby if living in a very cold region
- 20-30 small clothes hangers
- 1 sweater per baby
- 1 sun hat per baby
- 2 boxes/jugs of baby (or additive free) laundry soap
- 1 small mesh laundry bag for small socks and clothing items
- If you don't already own them, a washer, dryer, and dishwasher are very helpful for parents of multiples and make a wonderful gift.

Baby Equipment:

- Appropriate stroller(s). Some families buy triplet, quadruplet or quintuplet strollers and also use a double or single stroller to take out babies one or two at a time or in conjunction with a baby sling or front-pack/back pack carriers.
- Rain cover for stroller

- 1 or 2 baby swings. They can take up a lot of room when set up and are difficult to store. Not all children like swings, so try to borrow extra if you need to.
- 1 or more activity gyms
- 1 or 2 bouncy seats (may want to borrow or buy extras if they prove helpful)
- 1 or 2 playpens or travel cribs
- Large play area gates and safety gates (enough to block off safe areas desired for infants/toddlers.)
- 1 rear-facing infant car seat per baby. Car seats must be used even when coming home from the hospital. Seats MUST be properly installed. **IT'S THE LAW!** (Remember that car seats are not recommended for any other purpose other than a car seat in the vehicle. Prolonged use can reduce a baby's oxygen saturation especially when sleeping.) Infant car seats that have a carry handle fit preemies better than a larger convertible car seat.

Car Seat Resources:

- See the Seat Check website www.seatcheck.org/ or call 1-866-SEAT-CHECK for information on car seat installation.

Furniture:

A rocking chair, glider, or oversized recliner is often very valuable to new parents, particularly nursing mothers.

1 crib for each baby (Be sure that all mattresses are of a good quality and meet current safety requirements.) For bedding you may need depending on your climate and washer/dryer availability the following:

- 1 waterproof crib mattress covers per baby
- 2 quilted mattress pads per baby
- 4 crib sheets per baby (may want to try flannel sheets in the winter)
- 4-5 receiving blankets per baby (the waffle weave blankets stretch nicely for swaddling)
- 2 heavy blankets per baby
- 1 large quilt/blanket for the floor/tummy time

Changing tables are helpful, but not always essential. If you do use them and you have a two-story home, you may want one for each floor of the house. A low dresser and padded top will also work fine, and some families even use entertainment systems where they can install a table top that has a safety buckle.

1 or 2 bassinets, cradles, or Moses baskets can be borrowed and may be useful early on in two-story houses to have available for daytime naps.

1 large dresser or chest of drawers per child's room (be sure to anchor to wall before babies are out of their cribs)

Diapering Supplies:

- Start with 4-6 packages of newborn size disposable diapers. (Some parents may want to purchase diapers for preemies; however many babies outgrow these before leaving

- the hospital and hospitals may provide a few packages for parents to take home.)
- Large diaper pails (one for each changing station.) Diaper pail rinse for cloth diapers. (1/2 cup white vinegar per half pail full of water as a presoak works as urine neutralizer in diaper pail Plastic trash bag or diaper refills. Some families find that a small trash can with plastic trash bags works the best. You will have lots of dirty diapers!
 - 1 extra-large and 1 regular sized (for short trips) fully stocked diaper bags or backpacks. (Some parents kept a stocked bag in the car.)
 - 3 tubes of diaper rash cream/ointment
 - 3-4 waterproof lap pads per baby (Parents who have babies in the NICU may want to request a few waterproof pads (aka "chucks") to take home and use after discharge.)

Bath Supplies:

- 2 towels or hooded towels per baby
- 3 washcloths per baby
- 2 bottles baby lotion
- Baby bath or large bath sponge for sink baths (Note: bath rings are not recommended for safety reasons).
- 1 infant hair brush
- Optional: 1 bottle mild baby soap for use on cradle cap. (Purchase small sizes initially in case babies have allergies) Plain water baths are best for infants

Feeding Supplies for Breastfeeding or Pumping:

- A hospital-grade breast pump if pumping (can be rented). The hospital lactation consultant can help you locate one.
- A double nursing pillow if nursing
- Milk storage bags or containers if pumping (The 2 oz containers provided by the NICU are nice, so parents may want to request some as well as the premie nipples for use after discharge.)
- 2 bottle and nipple brushes if pumping and storing milk
- Manual/hand pump for quick trips
- 4-5 nursing bras (May want to wait until after delivery to determine the best fitting size)
- 7 nursing shirts (if desired)
- 1 box of disposable or 4-5 sets of washable nursing pads
- 8 - 8oz bottles for pumping breast milk once supply is established
- 3 - 4oz bottles, nipples, and rings per baby to feed babies when mom is not available
- 6 bibs per baby (snap or Velcro bibs work best for young infants)
- 1 dozen cloth diapers per baby (useful as burp cloths)
- Some easy/quick healthy snacks (like breakfast bars) for mom to eat while feeding or pumping.
- 2 sippy cups and spoons per baby
- Mom may want a portable, spill proof water bottle for herself to drink

Feeding Supplies for Bottle Feeding:

- 3 - 4oz bottles, nipples, and rings per baby (The 2 oz containers provided by the NICU are nice, so parents may want to request some as well as the preemie nipples for use after discharge.)
- 8 - 8oz bottles, nipples, and rings per baby. Color coded for each baby if needed or use some other method such as different color rubber bands or hairholder.
 - 4-cup measuring cup, whisk, and 2 1-gallon liquid containers (for measuring and mixing formula)
- 2 bottle and nipple brushes
- 1-2 dishwasher baskets to hold nipples and rings.
- 1-2 bottle trees for drying bottles
- 6 bibs per baby (snap or Velcro bibs work best for young infants)
- 1 dozen cloth diapers per baby (useful as burp cloths)
- 1 crock pot (nice for warming bottles or pre-cooking meals)
- Formula is available by the case at drug stores and supermarkets, but parents of multiples may wish to wait to buy formula until close to discharge. The pediatrician may recommend a specific formula. (Shop around for the best prices or ask the nurse or primary health care provider to contact a formula representative on your behalf.)
- 2 sippy cups per baby for use when babies are older

Medical Equipment:

- Rectal thermometer and/or digital thermometer for axillary (under the arm) method (Check with the babies doctor as he/she may recommend a certain method)
 - Cotton swabs and balls
- Rubbing alcohol (for belly button care if recommended by your health care provider)
- Petroleum jelly
- Fully stocked first aid kit including phone number to poison control
- 2 nasal aspirators-bulb for sucking mucus (you may get them free from the hospital)
- Baby nail scissors
 - 3 bottles infant fever reducers like Acetaminophen (as recommended by pediatrician)
- 1 medicine dropper per baby
- Humidifier or vaporizer (if recommended by pediatrician)

Other:

- Age-appropriate toys like a mobile (until baby can pull up), board books, rattles, teething rings, stuffed animals, etc. (Buy a variety of textures, sounds, colors, etc.)
- Nightlight(s) or soft light or dimmer lamp
- Baby monitor/camera/intercom (if desired)
- 1 baby book per child to record day-to-day milestones. Some parents use a large space calendar to record milestones to possibly enter into the baby book later.
- Smoke detectors, carbon monoxide detectors, outside every bedroom and on every floor.
- A fire extinguisher on every floor
- A bottle of hand soap or hand sanitizer and conditioning hand lotion at every sink. (Keep hand sanitizers out of reach of children as they can result in alcohol poisoning.)
- 1 small refrigerator for the nursery for pumping moms or for two-story house to store night time bottles (optional but nice to have)
- Birth announcements - you can address and stamp the envelopes before delivery
- Lullaby music CD and player
- Battery recharger and rechargeable batteries for equipment, cameras and toys

Items NOT to Buy

- Padded head rests for car seats that are not part of the original car seat. Even items like this that are part of the seat, may need to be removed for proper positioning especially for preemies. (Instead use two tightly rolled towels, cloth diapers or baby blankets; one on each side of the head and trunk. Additional towels, diapers etc. can be used if needed for snug support. Check with the nurses prior to discharge for their recommendation.)
- Sun shields for car windows (Shields may pose a projectile hazard in the event of an accident.)
- Jumper devices (These are not recommended for preemies.)
- Digital ear thermometers (These devices are not as accurate as needed and can be expensive.)
- Baby powder (The small particles can be hazardous to an infant's lungs.)
- Walkers (Non-stationary walkers pose a variety of safety hazards for babies including serious falls and should not be used.)
- Bumper pads, crib comforters, or any soft bedding (These items are not recommended due to the risk of Sudden Infant Death Syndrome-SIDS.)
- Infant bath seats (Seats that attach to the side or bottom of the tub pose a risk of drowning.)
- Sleep positioners (These wedge-shaped pieces of foam meant to keep infants in a secure sleeping position may increase the risk of suffocation.)
- Over-the-counter infant or children's cold or cough medication. (These products have not been proven effective in children under the age of 6.)
- Crib dividers (These items can increase the risk of suffocation.)
- Twin/triplet baby carriers: front or backpack. (These carriers can be awkward to use and the babies often get too heavy too quick.)
- Car mirrors that allow the driver to see baby(ies) while driving (These pose a driving hazard and should not be used.)

See the [Consumer Product Safety Commission](http://www.cpsc.gov/en/) <http://www.cpsc.gov/en/> for more information on baby product safety and sign up for their free product recall alerts.