

It is important to have a first-aid kit in an easy to find location for both you and future baby sitters. You may even want to consider making multiple kits, one for the house, one for the car, and maybe even a small one for the diaper bag. Below you will find a list of essential items for your Baby First-Aid Kit.



- Infant or child thermometers
- Childrens' and infants' non-aspirin liquid pain reliever
Be sure to discuss this with your pediatrician
- An oral syringe or calibrated cup or spoon for administering medicines to infants and children
- Topical calamine lotion or hydrocortisone cream
- Tweezers for removing things like splinters and ticks
- Scissors
- Rubbing alcohol to clean your first-aid tools like thermometers, tweezers, and scissors
- Petroleum jelly to lubricate rectal thermometers
- An antiseptic skin cleaner, such as Hibiclens
- Antibacterial cream
- Child-safe sunscreen lotion
- Child-safe insect repellent
- Pediatrician-approved children's-strength liquid decongestant
- Nasal aspirator bulb
- Adhesive bandage strips in various sizes and shapes
- Gauze pads
- Adhesive tape
- Cotton balls
- Q-tips
- Mild liquid soap (*Did you know that most antibacterial and deodorant soaps are too strong for babies' sensitive skin?*)
- A hot-water bottle and an ice pack
- A small flashlight
- First-aid manual
- Any additional items recommended by your pediatrician to meet any special needs your child may have, such as an inhaler for asthma
- Contact numbers for your pediatrician, Poison Control, a nationwide 24 hour poison hotline (800.222.1222), local police and fire and rescue, and emergency contact numbers, such as neighbors or grandparent