

With a well-stocked medicine cabinet or medicine bag (which can be stored out of reach and is portable), you can quickly deal with rashes, fevers, and other common baby ailments as well as handle the ins and outs of daily baby care.

## Medical and first-aid supplies

- Emergency contact list
- Digital thermometer (most can be used rectally or in the armpit)
- Babies' non-aspirin liquid pain reliever (acetaminophen and, if 6 months or older, ibuprofen)
- Antiseptic wipes and antibacterial ointment for cuts and scrapes
- Anti-itch ointment such as calamine lotion
- Rubbing alcohol to clean thermometers, tweezers, and scissors
- Petroleum jelly or a water-soluble lubricant (for rectal thermometers)
- Mild liquid soap for cleaning cuts and scrapes
- An oral syringe for administering medicines (some parents find it easier to use a syringe than a dropper)
- Electrolyte solution for hydration after vomiting (must be refrigerated after opening)
- A heating pad for minor aches and pains
- Ice or gel pack that can be kept in the fridge and applied to bumps to relieve swelling. (You could also use a pack of frozen vegetables wrapped in a tea towel.)
- A small flashlight for checking your baby's nose, ears, and mouth
- Adhesive bandages in various sizes and shapes
- Sterile gauze and assorted bandages

- Adhesive tape to hold bandages in place
- Cotton balls or pads
- A pair of sharp scissors for cutting bandages and tape to size
- Tweezers to remove splinters and thorns
- Saline drops to loosen mucus before you use the bulb syringe
- Bulb syringe for drawing mucus out of a stuffy nose
- Disposable sterile gloves if you want to protect yourself and others from germs
- A first-aid manual

## Baby-care supplies

- Gripe water, anti-gas drops, or other gas or colic remedy
- A pair of baby nail clippers or a small nail file for trimming your baby's nails
- Baby-safe sunscreen lotion
- Baby-safe insect repellent
- Baby shampoo or baby wash
- Baby moisturizing cream or oil
- Diaper rash cream
- Washcloths for cleaning your baby's body and caring for gums and emerging teeth
- Teething toys or topical pain relief gel (check with your doctor before using)
- A soft-bristled baby brush (especially helpful for handling cradle cap)