

## Baby Shower Shopping Guide

### Baby Basics: The Necessities

- Car seat
- Safe place to put baby down
- Safe sleep environment
- Milk
- Clothing and blankets
- Nasal syringe
- Rectal thermometer

### Excellent Extras: Best Baby Shower Gifts

- Diapers
- Bibs
- Onesies
- Pack and play
- Wearable blankets/sleep sacks
- Thin receiving blankets
- Washcloths/towels
- Rattles, teething toys
- Books
- Flat play mat
- Gift cards



### Dangerous Items: Baby Gifts to Avoid

- Special accessories that claim to prevent SIDS, like heart and breathing monitors (not proven)
- Sound machines (not regulated)
- Anything with wires (entrapment risk)
- Bumper pads in the crib (SIDS risk)
- Walkers (interfere with development)
- Fold-out cradles (not a flat surface)
- Boppy pillow (ok to sit on, but not for propping up your baby)
- Stuffed animals (should be kept away from infants)