

SIMPLEST™

The Nursery Essential List


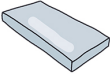




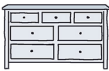




Everything you will need to prepare your nursery for baby



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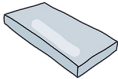
THE LIST:


- | | | | |
|----------|---|---------------------------------|--|
| 1 |  | Crib | <p>The crib should be sturdy and have fixed sides with the space between slats no more than 2 3/8 inches apart. Made of eco-friendly, sustainable materials that use nontoxic paint. The headboard should not have any cutouts or post embellishments that could snag on babies' clothing.</p> |
| 1 |  | Mattress | <p>Look for a firm mattress about six inches deep, that is hypoallergenic, phthalates, lead and mercury free. It should fit snugly in the crib with no space between the mattress and crib sides.</p> |
| 1 |  | Mattress Cover | <p>Look for a fitted, waterproof cover that is breathable and hypoallergenic.</p> |
| 3 |  | Fitted Sheets | <p>100 percent organic fitted crib sheets made of fabrics that are either woven cottons, cotton blends, or lightweight, flannel.</p> |
| 1 |  | Smoke Detector | <p>A smoke detector should be inside every sleeping room in the home, including the nursery.</p> |
| 1 |  | Chair | <p>Look for a sturdy, comfortable rocker or glider with wide, padded armrests and good back support. Make sure there are no exposed moving parts or gaps in the structure that could trap or pinch fingers. The ability to swivel and recline are pluses.</p> |
| 1 |  | Dresser | <p>Dressers should be sturdy with several drawers. We recommend a long, low dresser so you can secure a changing pad to the top.</p> |
| 1 |  | Baby Monitor | <p>Choose a video or wireless monitor that can be recharged or plugged in. Night vision is a must. It should have the ability to zoom in and turn to track baby's movements. One that can monitor the room temperature and baby's breathing or pulse is a plus.</p> |
| 1 |  | Laundry Hamper | <p>You will need a laundry hamper for all the many dirty clothes, bibs, sheets, burp cloths, etc.</p> |
| 1 |  | Diaper Pail | <p>Choose a tall, waterproof pail with good capacity that has a filter or some other device for odor control. Look for one with a foot pedal to open.</p> |
| 1 |  | Carbon Monoxide Detector | <p>This device detects carbon monoxide (CO) gas in order to prevent poisoning. Having one in the hallway close to the bedrooms is ideal.</p> |


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Everything You Will Need to Prepare Your Nursery for Baby

THE LIST:

- 1**  **Changing Pad**

Look for one that is waterproof with contoured sides and easily wipes clean. It should have adjustable safety straps to buckle in baby and anchoring straps to connect to whatever surface it is on.
- 1**  **Changing Pad Cover**

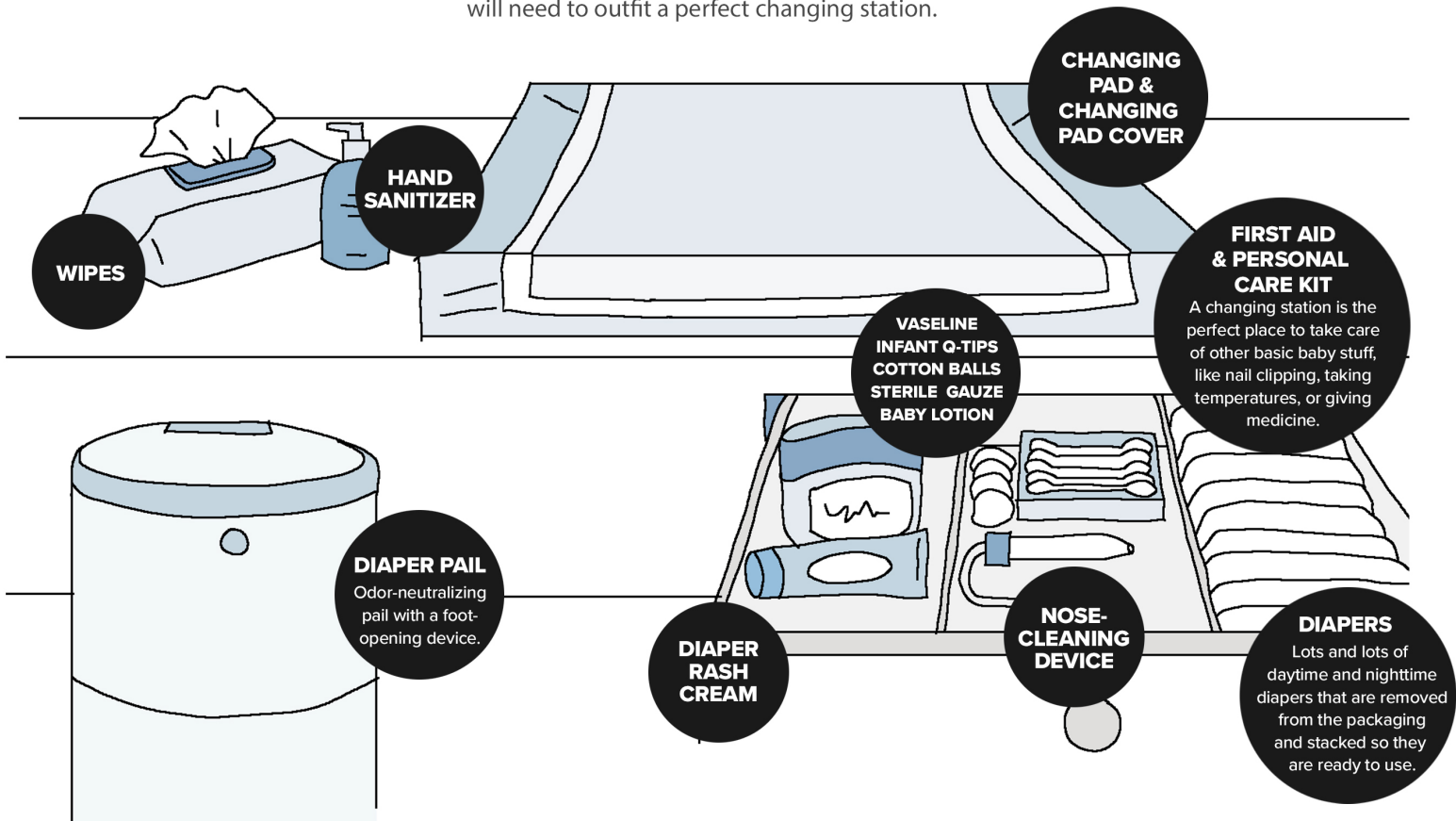
You will want an absorbent, comfortable, waterproof cover that is easy to clean and will hold up to frequent washing.
- 1**  **Wipes**

Use wipes that are biodegradable, unscented, hypoallergenic, paraben-and fragrance-free.
- 3**  **Diaper Rash Cream**

Creams should contain a high percentage of zinc oxide. These creams are generally effective for treating mild-to-moderate irritations but may not work for severe rashes. An option for severe cases of diaper rash is butt paste, and consult your pediatrician.

The Changing Station

Your nursery maybe the perfect place for a changing station; here is our list of what you will need to outfit a perfect changing station.



Join the new parenting movement at www.simplestbaby.com

ANCHOR FURNITURE

Anchor dresser and bookshelves to walls with braces to prevent them from toppling over onto you child. Keep toddlers from climbing up open dresser drawers by securing them with childproof locks.

SMOKE DETECTOR

Install and test it regularly. Be sure to replace the batteries once a year.



WALL HANGINGS

Don't hang anything, over the crib as it could fall and injure your baby.

MOBILES

Remove crib mobiles, especially once your child can stand.

GATES

Prevent late-night walkabouts by installing a baby gate or door with handle covers to prevent it from being opened.

OUTLETS

Put plastic outlet covers over all unused electrical outlets.



VENTING

Keep your baby from overheating, which is a known risk factor associated with SIDS, by never placing the crib next to or over heaters.



RUGS

Place nonslip pads under all area rugs.

CRIBS

The crib should be sturdy and have fixed sides with the space between slats no more than 2 3/8 inches apart. Made of eco-friendly, sustainable materials that use nontoxic paint. The headboard should not have any cutouts or post embellishments that could snag on babies' clothing.

MATTRESS | BEDDING

Must be firm and fit the crib properly. There should be no more than two fingers width of space between the side of the mattress and the crib frame. Use only a fitted sheet and fitted water-resistant mattress cover.

NOTHING IN THE CRIB

No blankets, pillows, bumpers, or plush toys should be in the crib. These items are SIDS risks.

ROCKER | GLIDER

Protect little toes and fingers by choosing a glider with a stop-lock mechanism that prevents the chair from gliding when not in use, and be sure that all gears are encased and out of reach.

Tips for Childproofing the Nursery

You have purchased everything you need, and the nursery looks amazing! There is one more thing that you should do before baby arrives: childproof it. We have put together the list above that should cover the essential safety areas.



HIGH EFFICIENCY AIR PURIFIER

These filters help purify the air and can remove 99.97 percent particles bigger than 0.3 micron in diameter.

PAINTING

Replace solvent-based paints with low-VOC or zero-VOC paints.

BEDDING

Hypoallergenic bedding and mattress can be used to curtail contaminants.

UNSCENTED

Avoid the use of scented items, like candles, dryer sheets, air fresheners, etc.

FURNITURE

Is a source of a variety of VOCs, especially pressed wood and plastics. Look for items that are Greenguard certified.

CARPET

Keep carpet in your nursery to a minimum as carpet can trap dust mites, pollen, animal dander, and mold spores, and emit (or "off-gas") harmful VOCs.

Tips on Reducing VOCs

As you purchase items for your nursery, you should be aware that many of these beautiful new items may expose your baby to some potentially harmful chemicals: VOCs (Volatile Organic Compounds).

These are chemicals that are part of the manufacturing process. They dissipate over time, but it takes awhile so follow the above advice and give time for the room to air out for a month before baby arrives.

The new must-have parent resource!

Honestly, having a baby can be complex and stressful. *The Simplest Baby Book* makes bringing up baby easier, reduces the stress, and helps you gain the confidence to raise a healthy, happy baby, so you can spend more time enjoying what is one of the most magical experiences of your life.



Baby's first year,
We've got you cover!

Order Today

<https://simplestbaby.com/book/>



HIGHLY ILLUSTRATED GUIDE

700+ instructive illustrations make learning faster and easier.



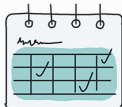
BABY BASICS MADE EASIER

All the first-year baby basics distilled to their essentials make finding solutions to common baby issues quick and simple.



INSTANT KNOW-HOW

Clear explanations and practical steps provide the fundamentals for all key baby-care practices.



THE MUST-HAVE LISTS

Every chapter starts with the essential list of products, providing a handy checklist for everything you will need for preparing the nursery, breastfeeding, bathing, sleeping, feeding, safety, traveling, and more.



BEST OF THE BEST FROM THE EXPERTS

Helpful advice and recommendations from doctors, nurses, and baby-care experts that help make life just a little easier.



DADDY HACKS

Dad's simple work-arounds and shortcuts for everyday baby issues.