



# MEDICINE CABINET MUST-HAVES FOR NEWBORNS & INFANTS



Preparing for the arrival of a new baby is an exciting time filled with anticipation and joy. As you create a safe and nurturing environment for your baby, one essential aspect is ensuring you have all the necessary items in your medicine cabinet. These carefully selected must-haves for newborns and infants will help you be well-prepared for any minor health concerns that may arise during those precious early days and weeks.

Additionally, it's important to emphasize that the best defence for your baby's health and immunity is breastfeeding, so nourishing yourself will help protect your little one.

**Here's a basic wellness guide for breastfeeding mothers along with sample supplement brands:**

## Prenatal Vitamins

using only methylated forms of folate



## Omega 3 (EPA + DHA)

500-1000mg daily



## Probiotic

at least 25 CFU daily



## Vitamin D3

at least 6400IU daily total





Now, let's dive into the list of must-have items for your medicine cabinet and beyond to ensure your newborns and infants are well-cared for.

### Nasal aspirators ("snot suckers"):

Babies will get sick; it's just the normal part of how they build and strengthen their immune system. And since they can't blow their nose, having an aspirator to help clear out their excess nasal mucus is a must. There are many different types and options (bulb syringe, NoseFrida snotsucker tube, and electric options).



### Humidifier:

This can also help with easier breathing when sick but choosing the right machine is key as they can get moldy if not well maintained. [Canopy](#) for example has a humidity sensor, mold disinfectant ability, and is quiet, easy to clean and covers 500 sq feet. These are all things to consider when purchasing a humidifier.

### Xylitol spray:

In the event of viral illness, xylitol has been shown to kill COVID-19 and reduce viral load in the nasal passages. Kid's Xlear is one option. Babies 0-3 months would take 1 drop in each nostril 1-3 times per day, and 2-4 drops in each nostril 1-3 times per day for babies 3-12 months.



### Oscillocochinum homeopathic remedy for flu:

In the event of a respiratory illness, oscillocochinum has shown to decrease the duration and intensity of symptoms. For any age or weight, half the vial is taken daily for 3 days.



### **Baby probiotic:**

In the event of a C-section, a probiotic can help populate the baby's gut. Either sprinkle some onto your nipple while breastfeeding or in the formula to help populate baby's gut. Smidge for infants is a great option for infants.



### **Natrums Phosphoricum 6x Cell Salt for gas, reflux/colic:**

This can be given at any age; 1-3 pellets every 15 minutes or as needed directly in baby's mouth or dissolved in breastmilk.

A chiropractor or cranial sacral therapy worker can also really help. It can take 4 to 6 sessions to see results but it's worth it. Also make sure to check for lip and tongue ties - especially if they're always hungry too despite feeding them!

### **For gas:**

Make sure you burp after every feed. It's also a good idea to search for a good chiropractor with experience dealing with infants. It can do wonders!

### **Active Skin Repair for rashes:**

I love this product. I have the gel and spray bottles and use them for a variety of things since they stimulate the body's natural healing and is naturally antimicrobial. Can work great on rashes too! We have a discount code: BERN10 for 10% off.



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