ARTICLES AND TIP SHEETS FOR NEW PARENTS AND "PARENT TO BE"
BUDGETING FOR A NEW BABY

Source: “Baby Bargains” (Can be purchased at Barnes & Noble)

The Average Cost of Having A Baby (Based on Industry Estimates for a child from birth to age 1 year). The figures are based on buying name products at regular retail prices. The authors surveyed over 1,000 parents to arrive at these estimates.

<table>
<thead>
<tr>
<th>Item</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Crib, mattress, dresser, rocker</td>
<td>$1,500</td>
</tr>
<tr>
<td>Bedding/décor</td>
<td>300</td>
</tr>
<tr>
<td>Baby Clothes</td>
<td>500</td>
</tr>
<tr>
<td>Disposable Diapers</td>
<td>600</td>
</tr>
<tr>
<td>Maternity/ Nursing Clothes</td>
<td>1200</td>
</tr>
<tr>
<td>Baby toys, food, formula</td>
<td>900</td>
</tr>
<tr>
<td>Stroller, Car Seat, carrier</td>
<td>300</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>500</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>$6,200</strong></td>
</tr>
</tbody>
</table>

**Bedding/dresser includes lamps, wallpaper, and son on for the nursery

**Bills for Birth** $6,400*

**Medical Bills for first year check-ups and immunizations** $700*

*insurance picks up most of these costs

**Child Care** $7,500-$30,000 per year depending on services used
A List of Categories To Be Considered As You Plan To Be A Parent

One-Time Costs:

Obstetrician
Cost of Care for the Mom in the Hospital
Cost of Care for the Baby in the Hospital
Visit by Pediatrician
Neonatologist Fee

After the Baby Comes Home!!!

Pediatrician- healthy baby visits-exams
Pediatrician- sick baby visits
Child Care Resources- nannies, day care centers, or family day care
Babysitters for occasional care
Clothing
Toys and games
Books
Preschool Programs- nursery school, cooperative programs or mother’s day out programs
Summer Camps- day or overnight
Private Schools
Enrichment Activities- piano, dance theatre, science and math or computer activities
Sports activities- swimming lessons, soccer, tennis or skating lessons, hockey-team fees, and uniforms and equipment
Diagnostic Services
Tutoring Services
Religious Education
Confirmations, or Bar and Bat Mitzvahs
College!!!
Weddings!!!
Baby gifts!!! (Grandchildren!!!)
A BIBLIOGRAPHY FOR NEW PARENTS

YOUR BABY’S FIRST YEAR
Glade B. Curtis and Judith Schuler

THE BABY BOOK
William Sears and Martha Sears

THE YEARS FROM ZERO TO THREE
Burton White

WHAT TO EXPECT THE FIRST YEAR
Murkoff, Eisenberg and Hathaway

WHAT TO EXPECT THE TODDLER YEARS
Murkoff, Eisenberg and Hathaway

TOUCHPOINTS
T. Berry Brazelton

THE SECURE CHILD
Stanley Greenspan

FEED ME I’M YOURS
Vicki Lansky

HAPPY READING!!!
SUCCESSFUL PARENT/PROVIDER RELATIONSHIP

❖ Key Ingredients
❖ Trust
❖ Good, Open, Frequent Communication
❖ Good Listening Skills
❖ Non-judgmental Communicator
❖ Common Goals
❖ Understanding and Appreciating Each Other’s Goals
❖ Knowing and Understanding One Another’s Expectations
❖ Respect for One Another as Human Beings
❖ Respect for Each Other’s Roles in The Relationship
❖ Common Values
❖ Awareness and Consideration of One Another’s Feelings, Schedules, Needs
❖ Honesty
❖ Sharing Ideas, Interests and Concerns About the Children Cared For
❖ An Openness To Receive Constructive Criticism or Suggestions For The Sake Of the Children’s Health Growth and Development