

# The Cost of Raising a Baby (Youth)

Becoming a parent is a big deal; babies require a lot of love and attention but they also have other basic needs that parents have to pay for. Raising a child might be a bigger expense than you think! Bills start to add up before the baby is even born. In fact, they start as soon as someone learns they are pregnant.

**Instructions:** Take some time to fill out this worksheet to find out how much it costs to raise a baby through his/her first year. Give it your best guess. The answers will be given to you when you are finished and we'll give you some hints along the way.

## Before the Baby Arrives

When someone finds out they are pregnant they have to pay for monthly prenatal care check-ups, prenatal vitamins, a visit to the hospital to deliver the baby and a car seat to take the baby home in. Some of these expenses will be paid for if you have insurance, but it depends on the insurance and how much they will cover. Assume for this exercise that you have insurance.

**Prenatal & Birth Total:** \_\_\_\_\_ \$

## Nursery Items

You will need a crib, changing table, etc in the nursery along with the materials that go with them. Remember for some items, you may need to buy more than one.

- Crib
- Crib mattress
- Crib sheets (3)
- Crib mattress pads (2)
- Receiving blankets (5)
- Changing table
- Changing table pads (2)
- Changing table pad cover (3)

### Optional Items:

- Crib mobile
- Crib activity center
- Cradle or Bassinet

**Nursery Total:** \_\_\_\_\_ \$

## Health/Safety Items

Babies need a lot of things to keep them clean, healthy and safe. Below is a list of those things.

- Soft hairbrushes
- Combs
- Thermometer
- Toothbrushes
- Baby monitors
- Baby bathtub
- Baby washcloths
- Baby towels
- Soap
- Lotion
- Powder
- Baby oil
- Bathtub rings & faucet protectors
- Laundry detergent for washing baby's clothes
- Baby gates
- Drawer latches & outlet covers

### If baby gets sick you will need:

- Humidifier
- Nasal aspirator
- Medicine droppers

**Health/Safety Total:** \_\_\_\_\_ \$

## Diapers

You will need a ton of diapers for your baby. Calculate the cost of diapers and supplies for one year.

- Diaper pail
- Diaper bag (2)
- Diapers (remember to calculate for one year)  
Hint: You will use about 75 diapers a week (52 weeks in a year).
- Baby wipes (remember to calculate for one year)  
Hint: You will use about 2 packages of wipes a month.

**Diaper Total:** \_\_\_\_\_ \$

## Feeding Baby

You will need to decide if the baby will drink breast milk OR formula for the first six months.

### Breastfeeding

If you plan on breastfeeding the baby (most women breastfeed for 6-12 months):

- Breast milk
- Breast pump
- Nursing pads (21 per week)
- Nursing bras (3)
- Breast milk storage bags/ bottles (10)
- Burp cloths (12)
- 4 oz feeding bottles for pumped breast milk (10)
- 8 oz feeding bottles for pumped breast milk (10)
- Bottle brushes (4)
- Additional bottle nipples (10)

**Breastfeeding Total:** \_\_\_\_\_ \$

### OR Formula Feeding

If you plan on using formula (hint: baby will be on formula exclusively for 6 months)

- 38 oz cans of formula (60)
- Pacifiers (10)
- 4 oz feeding bottles (20)
- 8 oz feeding bottles (20)
- Bottle brushes (4)
- Additional bottle nipples (20)
- Bottle liners (48)
- Burp cloths (12)

**Formula Feeding Total:** \_\_\_\_\_ \$

## Baby Food

Baby is 6 months old and is starting to eat baby food along with formula:

- High chair
- Bibs (5)
- Infant spoons (10)
- No spill cups (5)
- Childproof plates & bowls (15)
- Baby food (500)

**Baby Food Total:** \_\_\_\_\_ \$

