



THE VERY HUNGRY CATERPILLAR by ERIC CARLE
Celebrate **The Very Hungry Caterpillar Day** on March 20th!
Visit www.penguin.com/ericcarle
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Baby Day Trip Essentials

You finally feel comfortable enough to venture outside... for a whole day... with your BABY! OMG! First: breathe. Then, arm yourself: Keep this handy-dandy list of essentials when venturing out with baby. That way, you'll be prepared for (and maybe even avoid) any incident that involves puke, poop, or meltdowns. And even if the worst does happen, you and your baby will get over it! (We promise!)

- 1. Extra diapers:** For every hour you'll be away, you should pack two diapers. If you think you'll be traveling without access to a decent bathroom for a while, you'll want to make sure the diaper is extra absorbent in case a diaper change is out of the question. (On a bus? No thanks!) Try [Baby Basics®](#) super-absorbent diapers featuring inner leg cuffs to prevent leaks.
- 2. Extra clothes:** Even if you're only running out for errands, you never know when spills will strike. So never leave home without at least a onesie!
- 3. Well-stocked diaper bag:** In addition to extra diapers and clothes, stay prepared with other [diaper bag essentials](#).
- 4. Small cooler or insulated bag:** If your baby's eating solids, you're going to need some meals-on-the-go. And whether you're formula feeding or breastfeeding, a chilled bottle can be a ride-saver (especially if Mommy's behind the wheel!). Be sure to pack some water bottles or something to quench *your* thirst too!
- 5. Stroller:** For babies over 6 months old, you don't need the SUV version, which can be big, bulky, and HEAVY. An inexpensive but sturdy umbrella stroller saves room in the trunk (or stores easily on a bus or train).

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- 6. CDs or playlists of music or books:** Babies are soothed by voices and rhythms of any kind (OK, maybe not Metallica!). If baby music drives daddy bonkers, you could even get away with playing an audio version of Oprah's latest book pick. Your baby can relax, and you get to tell your friend's you "read" something smart.
- 7. Baby carrier:** Backpack, sling, front-carrier—whatever suits your fancy and saves your back.
- 8. Entertainment:** Books, toys, stuffed animals. Besides the old favorites, throw in a few new toys to keep them interested. You might want to use straps to loop the toys to the seat. That way you won't spend the entire trip retrieving tossed toys.
- 9. Blanket:** If your baby has a favorite blanket, you may be forced to bring it, or else suffer the consequences. However, you may want to have a travel-sized blanket that gets the job done, like a [Pocket Lovey](#).