




# THE ULTIMATE CHECKLIST TO ENJOY 4TH OF JULY WITH YOUR BABY

---

 **Face Masks + Hand Sanitizer**

Stay safe and practice social distancing!

 **Beach Umbrella, Towel, and Kiddie Pool (optional).**

If you're having a backyard BBQ before the fireworks, be prepared for the daytime heat.

 **Grab-and-Go Snacks.**

Keep your child satiated so they feel content to watch fireworks later!

 **Drinks: Formula, Juice, or Water.**

It's hot outside! Make sure to stay hydrated. If you are nursing, have your formula ready.

 **One or Two Toys.**

Keep your child engaged and occupied by bringing a toy while waiting for nightfall!

 **Sunblock and a Sunhat.**

Prevent sun damage if your family is going to be outside for a long time.

 **Headphones or Earmuffs.**

Keep your child safe from loud noises that may startle them with earmuffs.

 **Bug Spray.**

Getting bug bites are the worse! For all babies over 2 months, bring bug spray.

 **Camera or Polaroid.**

Capture the best moments with your family during the 4th of July with a camera.

 **Baby Wrap or Stroller.**

A baby wrap or stroller to carry your little on in case they get tired.

 **Bring a Wagon.**

Save the back pain, a wagon is perfect to transport all your goodies on wheels!