

# Babies are wonderful...and also expensive!

This worksheet can help you determine what the cost of goods and services for a baby's first year can be. Check stores, mail order catalogs, health practitioners, insurance companies, clinics and hospitals for their costs. Talk to those who've recently become parents. Educate yourself for the future.

## Medical Costs

Prenatal Care \_\_\_\_\_

Labor and Delivery \_\_\_\_\_

Hospitalization ( 2 to 4 days) \_\_\_\_\_

Post-Maternity Checkups \_\_\_\_\_

Pediatric Care (6-8 first year)  
(Indicate costs covered by health insurance) \_\_\_\_\_

Teething & Fever Medications \_\_\_\_\_

Other (Transportation, Parking, etc.) \_\_\_\_\_

Total \_\_\_\_\_

## Clothing

Shirts, Nightwear, Creepers,  
Suits, Dresses, Etc. \_\_\_\_\_

Sweaters, Hats, Outer Clothing \_\_\_\_\_

Diapers (diaper service  
and/or disposable diapers) \_\_\_\_\_

Total \_\_\_\_\_

## Food

Formula \_\_\_\_\_

Milk \_\_\_\_\_

Juices \_\_\_\_\_

Baby Foods \_\_\_\_\_

Total \_\_\_\_\_

## Furniture & Bedding

Crib, Sheets, Pads, Blankets \_\_\_\_\_

Chair-table for Feeding \_\_\_\_\_

Stroller \_\_\_\_\_

Tub \_\_\_\_\_

Playpen \_\_\_\_\_

Diaper Pail \_\_\_\_\_

Car Seat \_\_\_\_\_

Total \_\_\_\_\_

## Other Items

Bath Items \_\_\_\_\_  
(Powder, Cotton Balls, Shampoo, etc.)

Bottles \_\_\_\_\_

Toys \_\_\_\_\_

Photographs \_\_\_\_\_

Babysitters \_\_\_\_\_

Day Care \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Total \_\_\_\_\_

**GRAND TOTAL \$ \_\_\_\_\_**

Holy Family Services is a state-licensed, nonprofit adoption agency. It is not a religious organization. HFS provides residents of Los Angeles, Orange, Riverside, San Bernardino and Ventura counties with FREE non-biased birth parent counseling and information by degreed social workers.

When you consider adoption, remember that an agency must meet stringent state regulations and licensing guidelines. Choose one with a long successful history; one that will be there if you ever feel the need to contact them. HFS is here to help you now and we will be here for many years to come.



**(800) 464-2367**