



Wee Beginners (0-18 months): 10 Beach Essentials for Baby & Toddler

Summer is here! It's the perfect time to flock to the beach or pool to cool off and get a much-needed reprieve from the heat. After you've managed to face the daunting task of loading the kids and all their diaper bag essentials into the car, you next have to tackle the task of gathering the beach essentials and items you need to actually survive a day at the beach with a couple of rambunctious children.

Here are some items that you will need to have and bring with you to the beach:

- 1. Sunblock:** You'll want to pack a kid-friendly sunscreen brand that is both easy to apply and adequate for baby's delicate skin. Remember to apply sunscreen 20-30 minutes before sun exposure to avoid any burns and overexposure, and most importantly, REAPPLY throughout the day especially if the little ones will be in and out of the water! Finally, remember to check the label for ingredients that won't irritate or cause any allergic reactions. Baby's skin is extra sensitive and needs to be handled with care.
- 2. Water Shoes:** Some may overlook this, but remember the sand gets hot and some beaches have all sorts of rocks and stones that can be very unpleasant to step on. If it hurts your feet, think about how uncomfortable your baby would be! Have water shoes that are easy for your child to move around in.
- 3. Beach Toys:** A bucket with shovel is a great start, but don't limit it to that! Grab a few favorites, like an inflatable beach ball to toss around, plastic cars to bury in the sand or squishy squirt toys for the water!
- 4. Cabana, Tent or Umbrella:** If you're vacationing or planning to spend hours in the sun away from home, having some sort of shade nearby is a must! You can pack a basic beach umbrella or splurge on a beach cabana tent made especially for the little ones. These often have UV ray protection built in.
- 5. Blanket:** This one is simple. Sometimes towels just won't cut it. Bring a thin blanket which will cover more surface area on the ground and less space in your already crowded beach bag.
- 6. Wet Bag:** A wet bag is a lifesaver when you're looking to separate the dry clothes from the wet in your bag! An empty grocery bag often does the trick.
- 7. Baby Powder:** Apparently, a best kept secret for removing sticky sand from the skin is some good old baby powder! A quick sprinkle of the powder magically releases sand from the skin, keeping it on the beach rather than in your car.
- 8. Sippy Cup:** With a baby in the sun all day, hydration is key! Make sure to pack your favorite sippy cup. A great choice is one with a sliding lid to keep sand out!
- 9. Snacks:** No doubt beach time can coincide with lunch time; pack a snack bag of fresh fruit, veggies and some crackers for the little ones to munch on.
- 10. Swim Diapers:** And finally, don't worry about poofy, swelling diapers...disposable diapers will get the job done.

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