

Budget Planning Worksheet

The Cost of Having a Baby

Having a baby can alter your financial status. In particular, you will have more expenses related to taking care of the baby and your income might change depending on how much you or your partner is able to work. To raise a child to age 18, you can expect to spend somewhere between \$164,160¹ and \$407,820² depending on a number of factors including whether or not you are a single parent and your income level.³ To get you thinking about the costs of raising a baby, we've created the budget worksheet below. This worksheet helps you think about the costs for the first year alone. If you're not sure about whether or not you're ready to get pregnant and have a baby, consider the questions on our *Are You Ready to Parent* worksheet. If you know you want to wait visit www.AStepAheadFoundation.org or call 901-320-STEP for more information about free birth control.

First Year Baby Costs

Table 1. Necessary Costs. These costs are those that you'll need to consider when a baby joins your family. They are in addition to what you might spend on housing and transportation and don't take into consideration lost wages if you need to work less.

Childcare	Average Annual Cost for Infant Care in TN. Cost per Month ⁴	Total Costs
I won't be using regular childcare	-	
Daycare center		
Home daycare		
Nanny		
Total Childcare		
Diapering	Average Annual Cost	
Disposable		
Cloth (service)		
Cloth (wash myself)		
Wipes		
Total Diapering		
Type of Feeding	Average Annual Cost ⁵	
Breastfeeding ⁶		
Formula		
Solid Foods (starting at 6 months)		
Bottles		
Bottle brushes		
Total Feeding		
Other Costs	Approximate Annual Costs	
Clothing		
Health Care Costs		
Personal care, books, toys, etc. ⁷		
Car seat		
Total Other		
Grand Total of Necessary Items		

Table 2. Helpful but not necessary costs. The following items are those that would be nice to have for the baby, but may or may not be necessary.

	Average Cost
Changing Table	
Crib & Mattress	
Dresser	
Hamper	
High Chair	
Baby Monitor	
Bottle warmer	
Drying rack for bottles	
Baby Sling	
Bathtub	
Bouncer	
Diaper Pail	
Safety gate	
Cabinet latches, outlet covers, etc.	
Stroller	
Pacifiers	
Burp clothes	
Blankets	
Bibs	
Diaper bag	
Total	
Grand Total of Table 1 and Table 2	

Other considerations – In addition to considering the costs in the tables above, you might also consider whether or not you’d like to start saving money for college for your baby or whether or not you will purchase life insurance.

Not ready to have a baby? Visit www.astepeaheadfoundation.org or Call **901-320-STEP** for more information about free birth control.

¹ Single-parent families with before-tax income less than \$61,530.

² Two parent families with income more than \$106,540.

³ Lino, Mark. (2014). Expenditures on Children by Families, 2013. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion. Miscellaneous Publication No. 1528-2013.

⁴ This report was completed by staff at Child Care Aware® of America, Hanover Research, Stephen Wood who compiled the data, and Lynette Fraga and Michelle McCreedy who wrote the report. Abby Thorman and Ann McCully edited the document and Rachel Schumacher contributed a new section on solutions. <http://www.usa.childcareaware.org/advocacy/reports-research/costofcare>

⁵ Assumes formula used is in between cheapest and most expensive.

⁶ Note that women who have insurance will be able to receive a breastpump at no cost per the Affordable Care Act. Go to <http://www.hhs.gov/healthcare/prevention/breast-pumps/> for more information.

⁷ Books from Birth is an organization that will send an age appropriate book to each child in Shelby County every month. Visit www.booksfrombirth.org or call 901-820-4501 to get books delivered each month for your child for free.