

The Ultimate Baby Shopping Guide

Welcome to the Ultimate Baby Shopping Guide! We've seen a lot of baby registry lists online, but after going through pregnancy, the hospital stay and life with a newborn, none of them seemed very complete. There are so many little things that are fantastic to have on hand that none of them mention. That's why we've worked carefully to make sure that we've added everything on our list that you will need to get through your pregnancy, your hospital visit, your first few weeks at home and a complete baby registry list!

Do you think we missed something? We'd love to hear your feedback, e-mail us at shopmom@shoppingfortwo.com.

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Pregnancy Necessities

Books

There is so much to learn about pregnancy and motherhood. These low energy months during pregnancy are a great time to catch up on your reading. Since every woman is different each will want specific books to cater to their wants and desires of pregnancy and childbirth. Some books are geared towards a more natural method, others toward a more medicated experience, choose what is right for you. Below are a list of general books that everyone should enjoy reading:

- ‘What to Expect When You are Expecting’ by Heidi Murkoff, Arlene Eisenberg, and Sandee Hathaway – Love it or hate it, this is the bible of pregnancy books.
- ‘The Mother of All Pregnancy Books’ by Ann Douglas
- ‘Your Pregnancy Week by Week’ by Glade B. Curtis, Judith Schuler, and Julian Robinson – This book shows you with illustrations how big your baby is getting each week and what she’s developing and growing. A fun and informative book to read.
- ‘The Girlfriend’s Guide to Pregnancy’ by Vicki Iovine
- ‘The Thinking Woman's Guide to a Better Birth’ by Henci Goer

Other Necessities & Fun Things

- Prenatal Vitamins
- Stretch Mark Cream
 - Larger Bras
- Sleep Pillow
- Maternity Belt
- Journal – A pregnancy journal is a fantastic thing to keep. Pregnancy can bring out so many emotions and writing about your journey is a wonderful way to memorialize them. Our favorites:
 - ‘Waiting for Baby’ by Tracey Clark

- Belly Casting Kit
- Spa Gift Certificate – A prenatal massage feels divine!

Maternity Clothes

- Each woman's taste and need in clothes is so varied that it's hard to make a recommendation of what you 'need' to have. Take a look at your pre-pregnancy wardrobe and assess what you have and mirror that in your maternity wardrobe. Maternity clothes are notorious for being cheaply made and easy to shrink. Pay attention to quality and if you think that an item may shrink, hang it to dry. Make sure to splurge on a couple of items that make you feel beautiful and sexy.

SMART TIP

To extend the use of your pre-pregnancy pants, use a ponytail holder to extend your buttonhole. Fold the ponytail holder in half, insert the end into your buttonhole and wrap both ends around your button.



Packing Your Bags Checklist

For Labor:

- Tennis Ball to massage your back
- Yoga ball or Baby Bouncy – wonderful to labor on!
- Lollipop to keep your mouth moist – your partner can pull it out of your mouth during contractions.
- Breath mints for your partner – you don't want him counting in your face with stinky breath.
- Wristwatch with a second hand for your partner to time contractions
- Small electric fan to keep cool
- Pretty, soft socks to keep your feet warm
- Playing cards or board game to keep busy when the epidural kicks in
- Pillows if you would find them more comfortable
- Phone Numbers of Family & Friends
- Snacks and beverages for your partner along with spare change for the vending machines
- Change of clothes and toiletries for your partner– it may be a long time before he can go home.
- Camera. Make sure that you have approved all photos first before your enthusiastic partner goes home and e-mails everyone you know. Labor can leave you not looking your very best.
- Video Camera
- Nursing Bras
- Toiletries: hairbrush, toothbrush, lip balm, deodorant etc.
- Newborn Diapers – although hospital will most likely provide these for you
- Going home outfit for mom – something that would have fit you at about seven months pregnant, unfortunately
- Going home outfit for baby. Better yet, pack two, you don't know if there will be a spit up or diaper blow out incident as you are packing to leave.



What Not to Pack: The hospital will provide all these things, childbirth is a messy thing, let their things get dirty and keep your nice pajamas for when you get home.

- Robe
- Pajamas
- Underwear

Things to Have Done Before Baby Arrives

- Post Emergency Numbers on fridge or by phone
- Take an Infant CPR class and buy a CPR video or book for frequent refreshers
- Take a child birth class
- Make two weeks worth of frozen dinners
- Have your infant car seat installed and inspected by your local police department
- Sign up for all the baby freebies you can find to start receiving coupons
- Wash all baby clothes, car seat covers, swing covers, blankets etc in Dreft
- Read your digital camera manual and keep the battery charged
- Buy a Babies First Year Album – you need a place to store the millions of photos you are bound to take
- Prepay a housecleaning service to have your house cleaned the day before you come home with your baby. Designate a friend or relative to call the cleaning service while you are in the hospital.
- Set up phone tree or e-mail tree. Send an e-mail to a designated friend or relative with all of your friends e-mail addresses so they can send out the “Babies Arrived!” e-mail immediately.
- Make sure you have everything on the Post Partum Supply List
- Buy a separate file folder to house all of your babies records, such as birth certificate, immunization records, etc.
- Read up on breastfeeding, post partum depression, jaundice, SIDS etc.
- Look up the number for your local Lactation Consultant or LaLeche League
- Review your Lullaby lyrics

- Have a stash of “Thank You” notes and a supply of stamps on hand
- Address and stamp all of your Baby Announcements
- Buy all the ingredients for the “Break Your Water” Cookies
- Discuss with your husband how you want to handle visitors. Do you want people to come to the hospital? Do you want to wait a couple of weeks before welcoming friends to the house? Make sure you are both on the same page and have informed your family and friends your wishes.
- Relax and enjoy this quiet time, sleep in, watch movies, go shop for yourself, get a pedicure, whatever brings you comfort and joy!

Post Partum Supply List

This thoughtful and comprehensive list was compiled by a caring doula. To read more about doulas visit www.dona.org

- 50-100 Overnight Menstrual Pads – unfortunately you will bleed for a good six weeks and heavily at that
- Old comfy underwear
- Witch Hazel Tucks pads - for stinging perineum or hemorrhoids
- Squeeze bottle – for washing off perineum
- Frozen diaper for perineum
- Comfy, loose clothing – treat yourself a couple of new post partum outfits rather than wear your old maternity clothes
- Motrin, Ibuprofen or Tylenol (as directed by your physician)
- Water bottle - keep on or near your bed
- Small towels or washcloths for nursing (lots of leakage at first)
- Breast pads - 100% cotton or very breathable synthetic...no plastic outer layer!
- Lansinoh brand or Medela brand lanolin - for cracked nipples. It’s safe for both mom and baby
- Instructions on how to hand express milk—helps to initiate breastfeeding or relieve overly-engorged breasts



- Breast pump and milk storage bags
- Pillows, boppy, or My Breast Friend for nursing
- Cabbage leaves – to sooth engorged breasts
- Kleenex boxes everywhere – for post partum crying sessions
- Reminder notes to do your kegel exercises
- Easy-to-prepare (and nutritious) snacks, breakfasts and lunches
- Anything else you many need to have a functional home for 2 weeks
- Night lights
- Mylicon infant formula or gripe water
- Hylands teething tablets - 100% natural...helps calm an baby in pain
- 75-100 disposable or 24 cloth diapers to cover the first 2 weeks
- Diaper wipes or soft cloths for wipes
- Rubbing alcohol for baby's umbilical stump
- Diaper rash ointment - Bodreaux's Butt Paste is my favorite
- Camera and lots of film or large memory card

Baby Registry

Nursery

- Crib
- Bassinet, moses basket or co-sleeper
- 2 mattress pads
- 2 fitted sheets
- Bumper
- Crib Skirt
- Mobile
- Crib Toy
- Hamper for baby clothes (This can double as baby bathtub when your baby is big enough to sit up. Place it in the bathtub and you have a contained area for your little one to sit in.)
- Rocking Chair with footstool or glider with footstool
- Bookcase for baby's books
- Lamp with dimmer switch – for middle of the night diaper changes and feedings
- Monitor
- Décor – don't forget to add a little fun and color to your babies room!

SMART TIP

An unknown fact about motherhood is that you spend a seemingly endless amount of time rearranging clothes in your babies closet. Since babies need new wardrobes about every three months, it's hard to keep on top of reorganizing everything. Help keep yourself organized by buying at least 4 large plastic totes and label them, 0-3 Months, 3-6 Months, 6-9 Months, 9-12 Months. This will help keep future clothes to grown into and clothes you keep as hand-me-downs in an easy to reach spot.

Diapering

- Changing Table
- Changing Pad
- Wipes Warmer – optional
- Newborn sized disposable diapers or for diapers that completely prevent poop-blowouts: 24 Kissaluv diapers and 6 Bummi's Super Whisper Wrap covers.
- Stain Spray – for poop-blowouts, you wouldn't believe how they stain!

- Diaper wipes – or baby wash cloths and spray bottle for a cloth alternative
- Powder, try a cornstarch based powder as talc is shown to be harmful to little lungs.
- Diaper Rash Cream
- Diaper Pail and refills (you can use a Sterilite garbage can as an alternative to official diaper pails)
- 1 small diaper bag for short outings
- 1 large diaper bag for day long outings
- Mobile above changing table to keep wiggly babies occupied

Bathing

- Baby bathtub (you can also lay a handtowel in your contoured bathroom sink and place baby in that as an alternative)
- Bath toys
- Baby wash cloths
- Tear free shampoo and body wash
- Baby lotion
- Towels – if your everyday towels are soft enough you can use those instead of specialty baby towels

Baby Care

- Thermometer – ear thermometers are some of the easiest and most accurate to use on a baby
- Brush and comb
- Nail clippers
- Cool mist humidifier
- Teething Rings
- Pacifiers of various shapes – many babies are picky about the shape of their pacifier. If one type doesn't work, try another.
- Infant Tylenol and or Infant Advil
- Bulb syringe (hospital may provide when you give birth)

- Dreft laundry detergent

Feeding

- Breast pump – depending on how often you plan to pump you can either go with an electric pump or a hand held one. Make sure to read reviews of the ones that fit your lifestyle and price range, cheap ones can sometimes be the best and likewise expensive ones not worth the money.
- Nursing pillow, either a regular pillow, Boppy or My Breast Friend
- Breast pads – use ones that are made of cotton or of a breathable synthetic
- Nipple shields
- Lanolin cream for sore nipples
- 6 Burp clothes or folded receiving blankets
- 6 Bottles of various sizes
- Nipples in various flow stages
- Bottle sterilizer – look for one that also doubles as a toy sterilizer
- High chair and or booster seat
- 4 infant spoons
- 4 sippy cups, Nuby cups are a great cup to transition from bottle to sippy cup
- Bottle basket for dishwasher
- 2 Bibs, Bumkins are the best, waterproof, stain resistant, fade proof and very soft.
- Books to read before feeding baby: ‘Super Baby Food’ by Ruth Yaron, ‘First Meals’ by Annabel Karmel,
- Snack Trap
- Baby Safe Feeder mesh bag

Clothes and Layette

Clothing selections are very personal depending on your taste and lifestyle, what season you have your baby and how often you like to do laundry. Below is a barebones list of what is good to have. Make sure to have a handful of incredibly adorable outfits for baby, not only are they fun but good for the countless visitors to coo over and for the hundreds of photo sessions you are bound to have.

- 6 Sleeping Gowns – these are good for the first few weeks, easy access for diaper changes.
- 6 One Piece Sleepers – make sure to have a few that close with a zipper, all those snaps get confusing in the middle of the night diaper changes.
- 6 Daytime Outfits
- Snap extender for onesies – great for tall babies and for cloth diapered babies
- 3-4 Hats – a mix of simple beanies and warm outdoor hats
- 6 pair of socks – check to make sure socks have good elastic, socks are notorious for falling off babies
- 2 pair of Robeez – My favorite shoe for baby because they actually stay on.
- 2 Buntings – if you are having a winter baby
- 6 Cloth Bibs – to catch spit ups and drool
- 6 Receiving Blankets – Flannel are preferred. These are fantastic to use folded as burp clothes, as swaddle blankets, changing pads while you are out, cover ups while nursing etc. You'll find endless uses for them.
- 1 Swaddle Blanket
- Home Shoe Sizer – fantastic for those who order their babies shoes on-line.

SMART TIP

Did you know the easiest way to put a onesie on a baby is from the bottom up? Slip the neck through your babies feet and pull it up over them rather than going over their head. Babies tend to hate things going over their heads and this tip eliminates that unpleasant experience.

Toys

Shopping for toys is one of the most fun aspects of being a parent. Babies typically start to get interested in toys around 3-4 months of age. Look for toys that have bright colors, ones that would be easy for baby to grab and that make interesting noises. Since each parent will want something different for their babies to play with, we won't suggest anything specific except for have fun shopping!

Books

Books for Parents:

- ‘First Aid Fast for Babies and Children’ by DK Publishing
- ‘What to Expect the First Year’ by Heidi Murkoff, Sandee Hathaway, and Arlene Eisenberg
- ‘The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer’ by Harvey Karp Md
- ‘The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night’ by Elizabeth Pantley, William Sears

Books for Baby:

It’s so important to start the habit of reading to your baby early. Babies enjoy colorful books and books with texture. This list of books is a fantastic start to your library:

- The Miss Spider Series of Books by David Kirk
- Touch and Feel Animal Books by DK Publishing
- ‘Goodnight Moon’ by Margaret Wise Brown
- ‘Brown Bear, Brown Bear, What Do You See?’ by Bill Martin Jr.
- ‘Ten Little Ladybugs’ by Melanie Gerth, Tony Griego, and Laura Huliska-Beith
- ‘The Very Hungry Caterpillar’ board book by Eric Carle

Gear

Many baby gear items are used for such short periods of time, if you are able, try and borrow from friends or shop for gently used items.

- Infant Car Seat - have your local police department inspect that it’s installed correctly
- Infant Support Pillow for car seat

SMART TIP

If you plan on having children close in age, think about getting a sit-and-stand stroller or Phil and Teds e3 stroller, that has an optional doubling kit, now so you don’t have to buy another in a few years.

- Backseat Mirror to see baby while he's sitting backwards in car
- Sun Shade for the car
- Stroller
- Extended sunshade for stroller
- Rain cover for stroller
- Shopping cart cover
- Baby carrier
- Bouncy Chair – keep this in the bathroom so you can get your showers in the morning
- Swing – string colorful Christmas lights around the swing for your baby to enjoy.
- Play Mat / Tummy Time Mat
- Travel play yard – choose one that includes a bassinette and changing table to make it more functional. Depending on your lifestyle, this may be a seldom used piece of gear and you may consider sharing one with a friend.

SMART TIP

Make a list of all the batteries your new baby gear requires and buy back-ups for everything. Hell hath no fury like a baby who's swing batteries died in the middle of a nap.

Diaper Bag Checklist

Large Day Trip Diaper Bag

- 10 diapers
- Wipes – travel size container
- Powder – travel size container
- Diaper cream – Sample sizes
- Baby safe Sunscreen
- Change of clothes
- Hat
- Kleenex – travel size
- Changing Pad
- Receiving blanket or burp cloth
- Plastic Bag for dirty diapers
- Bottle of water for mom
- 4 Single sized portions of formula & bottles for formula fed babies
- Infant Tylenol
- Mylicon drops for gassy babies

Small Errands Diaper Bag

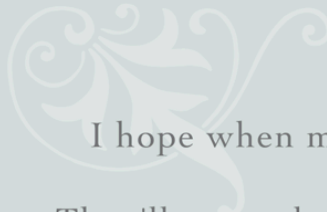
- 2 diapers
- Wipes – travel size
- Receiving Blanket – doubles as a changing pad and to catch spit ups

Emergency Phone List

Before you bring your baby home, make sure you fill out this Emergency Phone List and post it by your phone or on your fridge. This list will be invaluable to both you and anyone you ask to watch your baby as a quick reference.

Emergency Numbers	
Mom's Work #:	_____
Mom's Cell Phone #:	_____
Dad's Work #:	_____
Dad's Cell Phone #:	_____
Our Address:	_____
Our phone Number:	_____
Baby's Full Name:	_____
Baby's Birthdate:	_____
Baby's Medical Plan & #:	_____
Baby's Allergies:	_____
Pediatrician Phone #:	_____
Emergency Ward #:	_____
Poison Control #:	_____
Grandparents #:	_____
Daycare/Babysitter's #:	_____

Poem for a New Mom



I hope when my children look back on today,
They'll remember a mother who had time to play.

There will be years for cleaning and cooking;
Children grow up when you are not looking.

So quiet down cobwebs, just go to sleep,
I'm rocking my baby and babies don't keep.

