

Baby 101

These are some things it took us a while to learn/items that have been useful. I wish I had more direction when I was starting out, so I hope this helps!

****I am in no way a medical professional claiming for any of this to be the most safe or helpful... this is just what helped us. It is important to keep/pay attention to the safety guidelines in the manuals of the items you purchase. Weight limits and safe use guidelines should always be followed according to the manufacturers.**

I learned so much from the following **Facebook Groups** if you're interested in joining:

- [Safe Sleep](#)
- [Car Seat Safety](#)
- Due Date Group (find a group with moms that are having babies the same month/year as you!)

Apps:

- Glow Baby Tracking App- Find an app that works for you to track feedings, diaper changes, etc. for as long as you feel comfortable. I use Glow Baby but there are a bunch out there. Keep in mind the features you'll use. For instance, some let you have multiple caregivers connected so a babysitter or dad can also add and track information.
- What to Expect- Keeps track of pregnancy symptoms and also has helpful message boards.
- Milestones- Keeps track of baby's milestones. I knew nothing about when things were supposed to happen!
- Think Dirty App- This can help you find something safe to use for detergent, soap, etc.

Books:

Through pregnancy and after, these were some that helped me.

- [Mayo Clinic Guide](#)
- [What to Expect](#)
- [Moms on Call](#)

Registry:

- Amazon- if you spend \$10 off your registry, you can ship yourself a registry gift pack with coupons and samples of different products to try out for baby.
- Target- If you create a registry here you can pick up a registry gift pack from guest services in store with coupons and samples of different products to try out for baby. This is how we discovered Mam products!
- Babylist- This registry shows products and prices from multiple different stores.

Sleep

Babies need to sleep flat on their backs on a firm surface, preferably in your room for the first few months. The sleep area should have nothing in it besides the baby and a pacifier. They can be swaddled until 8 weeks or at the first sign of rolling- whichever comes first. After that, they can use sleep sacks with arms out/no chest compression.

- [Bassinet](#)- Harper uses this one and it is sooo convenient. It is safe for sleep, folds up easily for travel, and it's lightweight enough to drag around the house for naps (while you shower!)
 - [Sheets](#)- These sheets fit the mattress in this bassinet

- [Pack and Play](#)- Another safe sleep space. We ended up setting this up in the living room for when she sleeps in there. Can also be folded up pretty small for travel.
- [Crib Mattress](#)- From what I've learned, memory foam is the only mattress that is not safe for babies. Other than that they are all equally safe and regulated to meet certain safety standards. Make sure you buy one that fits the dimensions your crib manual recommends.
- [Swaddles](#)- These velcro swaddles were easy and gave a good snug fit.
 - [Halo Swaddle](#)- Grace preferred these swaddles because she could move her legs more.
- [Sleepsacks](#)- Safe alternative to a blanket and swaddle when baby can't be swaddled anymore.
- [Monitor](#)- Think about if you want something connected through Wifi or not, or if you'd want a free standing monitor or app on your phone. I wanted one that did both, so I went with this one.

Bottles (we formula fed)

-I would not buy too many until you know what baby likes. But I wanted to point out that some brands have nipple sizes that are slower flow than what comes with the bottle or even what is sold in stores. Harper and Grace used 0 flow nipples on their Mam bottles and Avent bottles for the first six weeks and we could only find them on Amazon.

Bottles that worked for us:

- [Avent bottles](#)- We started with the small bottles until they started eating more than 4 ounces. Then we just bought a few of the bigger bottles. These bottles will come with a 1 nipple- we purchased a [0 nipple \(slower flow\)](#) while they were really young. Save the 1 nipples for when they can handle a bigger flow!
- [Mam bottles](#)

-I sterilized all bottles/pacifiers when we took them out the packages before we used for the first time (boiled them for 5 minutes). After that, we would just do a dishwasher load every day or every other day with a safe soap pod to keep them clean or hand wash them with bottle safe soap, then put them on the bottle rack to dry. This is what worked for us!

- [Bottle Dish Soap](#)
- [Bottle Dishwasher Pods](#)
- [Bottle Brush](#)
- [Burp Cloths](#)
- [Formula Holder](#)- Easy to throw in diaper bag for on the go bottles, or to keep beside the bed for night feedings! Just fill your bottles with water beforehand, then add and mix.

Bottle Making Station: This streamlined the process for us. We use room temperature distilled water, powder formula, and shake in a sideways infinity sign manner (for less bubbles).

- [Bottle Drying Rack](#)
- [Dish Drying Pad](#)
- Water Dispenser- Bed, Bath, Beyond
- Formula Canister- Target



Clothing

- [Zipper Onesies](#)- Honestly, Harper spends 90% of her time in these. I bought a lot so I didn't have to constantly do laundry. Onesies with the long sleeves and pants with mittens and feet covered that zip are my favorite. Double zip is really where it's at. Old Navy and Target always have cute ones for good prices. We also love Posh Peanut- more pricey, but stretchy and comfortable.
- [All Free and Clear Detergent](#)- Baby clothes should be washed in something non fragrant with their sensitive skin in mind. This is what I used.
- [Laundry Bags](#)- keep socks/headbands/other small items in one of these when washed to keep together and save from getting lost in or breaking your drier.
- [Laundry Hamper](#)- This was an afterthought but helpful... so many dirty onesies!
- [Hangers](#)- smaller hangers for their clothes- don't forget!
- [Closet organizer](#)- Helpful to keep track of different size clothing
- [Drawer Organizers](#)
- [Bibs](#)- Personally haven't even used any yet, but get some so you don't forget when you need them later!
- Plastic Bin- As she grew out of clothes, I moved the ones I wanted to save to a plastic bin for storage so the small clothes weren't wasting any more room in her drawers/closet.

Bath

- [Bathtub](#)
- [Knee Pads](#)
- [Body Wash](#)
- [Bath Brush](#)
- [Hooded Towels](#)
- [Washcloths](#)

For the Car

There was a lot I didn't know about car seats when I first started looking. An infant seat can only be used for about the first year. A convertible car seat can be used a lot longer. Figure out what will work best for your lifestyle. Keep in mind that car seats should be replaced after an accident, even a minor one. I registered for both a travel system with an infant car seat as well as a convertible car seat for later on.

- [Travel System](#)- I went with this one and I love it!
 - [Extra Car Seat Base](#)- This base goes with the carseat in the system. This is handy to have installed in whoever's car baby might go in- you just pop the seat in and out!
- [Convertible Car Seat](#)
- [Camera](#)
- [Mirror](#)-Big, easy to switch between cars if needed
- [Car Window Sun Shade](#)

Diapers

Register for a few different types of diapers/wipes until you find what you and baby like.

- [Changing Table](#)- I didn't think I'd need one but I ended up getting one and I love it.

- [Changing Pad](#)
 - [Changing Pad Cover](#)
- [Weighted Wipe Dispenser](#)- Underrated, but so helpful!
- [Diaper Pail](#)- This decision stressed me out so much. I like this one I ended up choosing- it's steel to lock in smells and takes regular trash bags!
- [Diaper Spatula](#)
- [Aquaphor](#)
- [Diaper Bag](#)- I like this one so much, I got both colors and use one as my teacher bag!
- [Peepee teepees](#)- if you have a boy- super helpful!

Health

Keep in mind that my pediatrician considers a fever in a baby 6 weeks or younger to be a medical emergency. Do not feel guilty if you want to limit visitors. We had everyone hand sanitize and wear a mask while holding baby.

- [Mylicon](#)- These are gas drops. They have been sooo helpful when Harper gets fussy.
- [OogieBear](#)
- [Baby Nail Clippers](#)
 - Also hear great things about this [Electric Nail Trimmer](#)
- [Thermometer](#)- Tried a bunch- most reliable and easiest to use so far.
- [Infant Tylenol](#)
- [Zarbees Cough Medicine](#)
- [Saline](#)- Always use saline before suctioning snot.
- [Bulb Suction](#)- This one is clear so you can see what you're getting, and it twists apart for easier cleaning.
- [NoseFrida](#)- When your baby gets congested, it can be scary. The nose frida may seem gross, but so worth it. Don't forget to also get [extra filters](#)!!
- [Humidifier](#)- Also helpful when baby is congested- [These drops](#) are also cooling.
- [Sunscreen](#)- This one is a local pediatrician's favorite. It is not advised to use sunscreen on babies under 6 months old!

Toys

- Books- Put some books on your registry! Read to baby :)
- [High Contrast Cards](#)- As Harper became more and more awake, I didn't know what to do with her besides stare at each other! I saw people talking about these high contrast cards so this is something I bought later on. Apparently they can see these colors and shapes a bit better. I would have never known!
- [Tummy Time Mat](#)- Not necessary, but something nice and fun to encourage tummy time may be helpful. Babies should start doing tummy time from day one, for at least a few minutes a few times a day.
- [Activity Mat](#)- A very popular toy- for good reason. Good for tummy or back time with the kickable piano!
- [Oball](#)- First thing Harper has been able to grab on to and it's been a favorite toy for months.
- [Rattle](#)- Grace especially loves these rattle maracas and they have also been a favorite toy for a long time!

Thinking Ahead:

- [Highchair](#)- Things to keep in mind with a high chair: you may want something that folds up for better storage. You also want something that will be easy to clean. I looked at a lot of them and landed on this one- folds up easily, low profile, material is easy to wipe off, top tray can detach for dishwasher, and easy on the eyes!
- [Spoons](#)
- [Teething toys](#)- easy to grab, different textures to chew on, dishwasher safe!
- [Activity Center](#)- This is a really popular one

Other Helpful Items

- [Bouncy Chair](#)- Harper loves hers because it vibrates and can bounce. She especially loves the vibrations! It is lightweight enough to drag around the house when cooking, showering, doing dishes, etc.
- [Swing](#)- Not necessary, but Harper loves hers, again, especially because it vibrates. This one is pretty big when set up.
- [Nightlight/SoundMachine](#)- Again, not necessary to have this exact one but I'd say some sort of night light is. This one has a sound machine as well.
- [Boppy Pillow](#)- This was helpful even in the hospital to get used to holding baby. This is helpful to feed, hold, and as they get older to lounge on (supervised).
- Pacifiers- Did you know pacifiers come in different sizes?? I recommend getting a few different kinds to see what baby likes. Harper only likes [Mam!](#) Grace likes [Ryan and Rose Flats!](#) Something to consider: Some people prefer to only use all in one pacifiers so there are no possible detachable parts.
- [Pacifier Clips](#)- Pacifiers get lost easily... these clips helped to contain them sometimes! But don't sleep with them on.
- [Baby Carrier](#)- Grace only likes to be held- ALL the time. This carrier helps me get stuff done while she can still sleep on my chest. Consider if you may prefer something cloth, and even then the type of material if you are going to be in a hot area/season etc.
- [Three Tier Cart](#)- We keep this in the living room stocked with diapers, wipes, burp cloths, hand sanitizer, pacifiers, etc.
- Stroller- If you don't go with a travel system, make sure to pick a good stroller for your lifestyle. Consider how often it will be used and wear it will be used. Rubber wheels are better for walks around the neighborhood, something lightweight is definitely better if you're on the go a lot, something easy to fold up and possibly stand on its own may be important to you, etc.

Memories

Life can get crazy- but don't forget to capture the memories!

- [Monthly Blanket](#)- Find the design you like, but comparing how much they change month by month is one of our favorite things!
- [Photo Album](#)- All the books that ask questions, have writing prompts, etc. overwhelmed me. I opted for the simple photo album and wrote captions for the pictures we included.

Postpartum Care

I kept these things “private” on my registry and used my completion discount to purchase them after my shower!

- [Labor Gown](#)- I didn't use this for labor, but I changed into it afterwards. It was nice and comfortable and easy for nurses to get to check you and to open for skin to skin.
- [Front Close Sports Bra](#)- Handy for nursing or skin to skin! Easy on and off if you're in pain.
- [Peri Bottle](#)- This one is handy for feeling clean.
- [Ice Pads](#)- These felt so good when I was hurting!
- [Dermaplast](#)
- [Depends](#)- These helped me feel a little more comfy and secure once I was home.
- [Stool Softener](#)- start taking a week before, ask for it in hospital, and can take for a bit after too if needed
- [Long Loofah](#)- This helped me shower so I wouldn't have to bend over or move around so much in the beginning.

C Section Specific:

Whether you're preparing for a C section or not, it's important to be prepared for anything!

- Loose dresses- Morgan lived in these so nothing would bother her scar. Old Navy has cheap ones- we like their jersey knit swing dresses!

If formula feeding only and wish to stop milk production:

This takes a week or so but keep a tight sports bra on (I preferred a front close one). Apply Cabo Cream several times a day and use frozen peas/Tylenol- to help with pain relief. Do not let warm shower water hit boobs- I kept my bra on for most of my shower to help me not be tempted!

- [Cabo Creme](#)
- [No More Milk Tea](#)
- [Nursing Pads](#)- Keep these in your bra while you leak
- [Tight Sports Bra](#)

Breastfeeding Tips from our friend Halee:

Get some cheaper nursing bras on Amazon (buy them at least at normal size if not one size larger to account for breasts bigger when milk comes in). Once you know your post-baby nursing bra size, get a few “nicer” nursing bras- I like Target Auden nursing bra. Make sure you drink almost a full glass of water and eat a decent snack at every feeding/pumping - you will be eating so much throughout the day when breastfeeding but that's vital to your milk supply. When breasts are engorged and it's not time for a feeding, take a warm shower and while running warm water over breasts, use hands to massage the hard “pockets” and push/milk them to release that milk buildup. Feel around your breasts and massage every hard spot you find - the hard spots can go as far back as your armpit area. I also massage like this when pumping - I hold the pump with one hand and massage with the other (when not pumping both sides at one time). Black clothing shows leaking milk the least, so that's the most convenient color to wear when first learning how to breastfeed because you're gonna leak randomly and/or dribble milk down your lap.

- [Nursing Pump](#)- Think about features that are important to you- like if you want something chargeable/portable or if you prefer something that plugs in. Check with your insurance as some companies cover a free pump. Websites like [Aeroflow](#) can help with this process.
- [Hands Free Nursing Pump Bra](#)
- [Haakaa](#)- to collect milk that passively leaks during a feeding - get one with a lid! I have the 5.4 oz from Amazon and want to order one or two more so I don't have to do dishes after every feeding
- [Lanolin](#)- for cracked nipples, apply religiously after every feeding/pumping session
- [Nursing Pads](#)- Keep these in your bra while you leak

To pack in your hospital bag:

Just some suggestions- this stressed me out leading up to it! It will help to find out what your hospital provides as far as your postpartum care. Mine provided a lot so it was less I had to pack. It's good to start packing a bag a few weeks in advance... just in case!

- SNACKS! And drinks... I was so thirsty!
- Bring a cup to keep refilling with water! One thing we didn't realize was how SWOLLEN you'll be after giving birth. Keeping hydrated will help the swelling go down faster.
- [Long Phone Charger](#)
- [Fuzzy socks or slippers](#)
- [Labor Gown](#)- I didn't use this for labor, but I changed into it afterwards. It was nice and comfortable and easy for nurses to get to check you and to open for skin to skin.
- [Front Close Sports Bra](#)- Handy for nursing or skin to skin! Easy on and off if you're in pain.
- Pillows and Blankets for you and your partner
- [Boppy Pillow](#)- This was helpful in the hospital to get used to holding baby.
- Toiletries (body wash, toothbrush, toothpaste, etc)
- Outfit to go home in- I recommend a loose dress with sandals/slip ons (body/feet may be swollen)
- For baby:
 - Going home outfit
 - Anything you want for a picture (nice swaddle, name tag, etc)
 - Car Seat installed (but not TOO early because if you happen to get in a wreck it'd need to be replaced)

Feel free to email us if you have any questions or want personal experience on anything above! We are here to help.

doubledutyteachers@gmail.com

****Some links may be affiliate links.**