



Baby Shopping List Guide



- Rear facing car seat to take to hospital. Learn to install long before you need it, bring to the fire dept to check for safety.
- A car seat mirror to see your baby.
- 100 newborn size diapers
- Bathtub that fits in kitchen sink, and a sponge to set inside. We LOVE 4 MOMS bathtub!
- 2 Baskets to hold diapers, wipes, Vaseline tubes for changing stations, look for Vaseline without petroleum ([BABYGANICS](#)).



- My favorite brand of shampoo is earth mama, angel baby, but I also like Babo, Honest, ThinkBaby, and **Original Sprout**: Babyganics lotion, California baby, Mustella are all good.
- Diaper wipe warmer, cloth or pre-moisten baby wipes fragrance/alcohol free
- Butt paste cream for rash
- Bath baskets to hold soap, shampoo, lotion, wash clothes, towels, nail scissors and files, hairbrush, cotton balls,
- Natural Head to toe baby soap,



- Rectal thermometer/under the arm
- Lotion perfume free
- 6 washcloths (TIP: place warm washcloth on baby while bathing to keep him warm)
- 4 hooded towels (TIP: put in dryer while bathing baby so that he will have toasty towel and won't get a chill)
- Dr Browns or Born Free bottles don't buy a lot of 4oz, buy 8 oz.
- Or use [silicone](#) to avoid plastic
- 6 silicone newborn nipples (slow flow)



- Formula: 4-6 single serving cans (hospital will also provide some) even if you are breastfeeding, good to have as back-up.
- Microwave bottle sterilizer
- Big bowl or container for sink to soak bottles in.
- Bottle drying rack, 2 if you have twins
- Bottlebrush with nipple brush on one end
- Plastic container for dishwasher that holds nipples and pacifiers.



- 2 Miracle Swaddle Blankets, one to wear while other is in laundry, must have.
- Homedics noise machine, continuous
- Soothie pacifiers
- Ikea Spoling Changing table
- Dekor plus diaper pal
- Fisher Price My Little Lamb Platinum Edition Cradle and Swing, must plug in, no batteries.



- Vibration chair with hanging toys, rattles and baby mirror
- High chair – Peg Perego Prima Papa (won't need until much later)
- Books, we like Baby 411 by Denise fields and Ari Brown M.D.
- Happiest Baby on the Block by Dr Harvey Karp dvd also
- If Breastfeeding read The Mothers Companion, by Kathleen Huggins RN.
- Nursing bras –buy last few weeks of pregnancy; then buy more after delivery.



- Sleeping Bras – these are great – hold nursing pads in place.
- Pumping Bra, holds pump in place while you pump.
- Nursing pillow: Boppy **bring to hospital** Or an [organic option](#).
- Breast pump – rent a hospital grade pump even if just for the first month.
- [Nipple butter](#) from Whole Foods, for sore nipples. Bring to the hospital and use after every Feed or pump.
- 1-2 boxes disposable nursing pads (I like the contoured ones)



- Breast milk storage bags
- Medella Breast milk storage bottles
- Lansinoh Momma bottles, great for at the beginning, slow like breastfeeding if the baby needs a supplement.
- Clothing, Linens & Bedding pre-wash in.
- Try Honest, Seventh Generation, or Dapple
- 4 side-snap undershirts (use until cord falls off)
- 8 snap crotch undershirts



- 4 sleep gowns (great for late night changing because you don't have to mess with leg snaps)
- 8 cotton sleepers for sleep/play
- 2 sleep sacks when you no longer need to swaddle around 4 months or when they roll over- Halo (keeps baby warm so you don't use loose blankets.
- HALO IF ORGANIC – don't use polyester on babies, it doesn't breath.
- Hanna Anderson baby socks (the only ones that stay on)



- 4 pair socks
- 2 bibs – use when in car or when in a hurry to avoid having to change clothes after projectile spit up episode.
- 2 lightweight caps
- Outdoor hat with brim/flaps
- Going home outfit
- 5 receiving blankets (TIP: steal as many as you can from hospital – they are lightweight and great for laying baby on grass at park, etc.!!)
- 12 cloth diapers (use as burp pads or under baby when changing)



- Fitted changing pad covers (3 for each changing station)
- 3 fitted crib sheets
- 2 fitted bassinet sheets – only if you have bassinet; these also work in Moses basket
- 4-6 quilted reusable pads – these go on top of crib sheet or in bassinet – they are about 12" square, are relatively soft and are wonderful in first months when baby spits up a lot (all you have to do is replace the pad rather than change entire bedding). They also come in larger size.



- Sofia the giraffe chew toy – PLEASE DON'T RECOMMEND

TIP: Leave tags on all other clothes except essentials listed above b/c babies grow FAST

Reference: Thanks to Samantha W. and Nicole N. mom's of 7 children for your great list ideas. Thank you also to Suzanne at Sprout San Francisco for your organic alternatives to products we all buy everyday.

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