



mommy  
labor nurse

# Baby Registry Guide

Creating your baby registry doesn't have to feel like a part-time job. Our free checklist takes the stress out of the process—so you can feel confident and in control!

[www.mommylabornurse.com](http://www.mommylabornurse.com)

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# congratulations, mama!

I know that as an expectant mother, you're likely experiencing a whirlwind of emotions these days.

One of the most exciting aspects of preparing for your little one is creating a baby registry. But with so many options available, it can be super overwhelming to know where to start.

That's where our Baby Registry Guide comes in! We've put together this comprehensive guide to walk you through the process of creating a registry and help you make informed decisions about the items you'll need for your new arrival.

In this guide, you'll find information about different baby necessities – broken up into 9 different sections. You'll find pros and cons of various options, and other things to consider when deciding what's right for your family and lifestyle.

We've also included quick facts and links to our top picks within each category at low, medium, and high price points. Whether you're on a tight budget or looking for the best of the best, we've got you covered!

We made sure that over 95% of the products mentioned in this guide are available on Amazon because we know that's where so many mamas choose to register and shop for themselves!

Our goal is to provide you with everything you need to create the perfect baby registry (or stock up for baby yourself). So, sit back, relax, and let us guide you through this process!

–Liesel and The MLN Team



# choosing where to register

Before you can begin your baby registry, you need to decide where to register! We polled the MLN community, and the majority of women use **Amazon** for their registry with **Babylist** as a close runner-up. Those two platforms were far and away the most popular!

For the sake of thoroughness, I want to give you a list of things to consider when choosing where to register:

- **Variety of products:** Look for a retailer with a wide range of baby products, from clothes and toys to strollers and car seats. You want to have plenty of options to choose from so that you can customize your registry to fit your needs
- **Ease of use:** The registry platform should be easy to navigate, with clear instructions and helpful features like filtering options, search functions, and user-friendly interfaces
- **Completion discount:** Some retailers offer a discount on any items that remain on your registry after your due date has passed. This can be a great incentive to choose a particular retailer for your registry
- **Registry perks:** Look for retailers that offer perks for creating a registry with them, such as free samples, gift cards, or other rewards

Now, knowing that the two most popular platforms are Amazon's Baby Registry and Babylist, I thought we could look at some pros and cons of each platform.



## Amazon Baby Registry Pros and Cons

### Pros

- **Largest selection of baby products available:** Amazon offers a huge variety of baby products, from popular brands to harder-to-find items and specialty brands
- **User-friendly interface:** Amazon's registry system is easy to use and navigate, making it simple to add and manage items on your list
- **Free shipping for Prime members on eligible items:** If you have a Prime membership, you can take advantage of free shipping on eligible items, which can save you money in the long run
- **Option to receive a completion discount:** Amazon offers a 15% completion discount on eligible items remaining on your registry that weren't purchased, allowing you to save money on the things you still need (read the fine print [here](#))
- **Free and easy returns and exchanges:** If you receive a gift that you don't want or need, Amazon makes it easy to return or exchange the item for free for up to 1 year
- **Group-gifting:** Amazon's baby registry does allow for group gifting on more expensive items
- **Diaper fund:** Amazon has a diaper fund option that people can contribute to, but be aware that the fund will be delivered to you via Amazon Gift Cards



### Cons

- **Shipping times may be longer for some items:** Depending on the availability of the item, shipping times may be longer than you'd like
- **Third-party sellers:** While Amazon offers a wide variety of products, some specialty items may only be available through third-party sellers, which may have less reliable shipping and customer service. Be mindful of this when adding items to your registry
- **Limited ability to customize registry layout and appearance:** Amazon's registry system offers limited customization options, so you won't be able to create a unique look or layout for your registry

**Get Started on Your Amazon Baby Registry**



## Babylist Registry Pros and Cons

### Pros

- **Universal registry:** Babylist allows you to add items from any store or website, so you're not limited to just one retailer. This is a huge benefit if you know you want to register for items from multiple different websites
- **Customizable:** You can personalize your registry by adding notes, photos, and even experiences (like a meal train or diaper service)
- **Cash gifts:** Babylist allows for cash gifts, which can be used towards bigger items or items not found on traditional registries
- **Group gifting:** You can add expensive items to your list and allow guests to chip in together
- **Completion discount:** You get access to a 15% completion discount to the Babylist shop
- **Free samples:** Babylist partners with some brands to offer free samples and discounts to registry creators
- **Mobile app:** The Babylist app is user-friendly and allows you to scan barcodes in-store to easily add items to your registry



### Cons

- **Not as well-known:** Babylist is not as widely used as some other registry platforms, so some guests may not be familiar with it
- **Potential shipping issues:** Because you can add items from any store, guests may accidentally ship to the wrong address or use the wrong shipping method
- **Transaction fees:** Babylist charges a transaction fee for cash gifts, which can be a downside for some users
- **Limited perks:** While Babylist does offer some free samples and discounts, they don't have as many perks as some other registry platforms

**Get Started on Your Babylist Baby Registry**

# baby registry checklist

## Nursery

- Crib
- Crib mattress
- Mattress protector
- 3 Crib sheets
- Bassinet
- Dresser/Changing table
- Rocking chair/Glider
- Nightstand
- Night light
- Monitor
- Sound machine
- 5 Sleep sacks
- Hamper
- Hangers
- Bookshelves
- Blackout curtains

## Playtime

- Jumper
- Activity mat
- Books
- Developmental toys

## Health & Safety

- Pacifiers
- Nail trimmers
- Nasal aspirator
- Thermometer
- Humidifier
- First aid kit
- Infant Tylenol and ibuprofen
- Saline drops
- Gripe water
- Vitamin D drops
- Gas drops
- Toothbrush
- Baby proofing essentials

## Clothing

- Coming home outfit
- Seasonal clothing
- 10 Onesies
- 10 Pants
- 8 Footed pajamas
- 7 Sweaters
- 10 Pairs of socks
- 5 Hats
- 5 Mittens
- Laundry detergent
- 8 Receiving blankets
- 6 Swaddles







# baby registry checklist

## Feeding

- Bottles (4-5 ounce and 8 ounce sizes)
- Nipples
- Formula (if using)
- Bottle sterilizer (optional)
- Bottle warmer (optional)
- Feeding pillow
- Bottle brush
- Drying rack
- Dishwasher basket
- 10 Bibs
- 10 Burp clothes
- Highchair
- Baby spoons
- Baby bowls
- Sippy cups
- Teethers

## Diapering

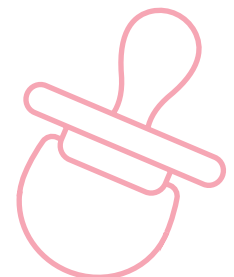
- Changing pad
- 3 Changing pad covers
- Diapers
- Wipes
- Wipe holder
- Diaper cream
- Diaper pail

## Bathing

- Baby bathtub
- Shampoo/Body wash
- 8 Washcloths
- 3 Hooded towels
- Hairbrush
- Bath toys
- Lotion

## Gear

- Stroller
- Infant car seat and/or convertible car seat
- Car seat mirror
- Window shades
- Baby carrier
- Swing
- Bouncer/Rocker
- Diaper bag
- Travel crib/Play yard



## Section 1:

# All the Gear

This section will cover all the baby gear essentials you need to consider when putting together your registry. From strollers and car seats to baby carriers and diaper bags, we've got you covered with our top picks for every budget.

## Strollers

Strollers are an essential item you'll need as a new parent. They allow you to easily take your little one on outings, whether it's a walk around the block or a trip to the store.

But with so many different types of strollers available, it can be tough to know which one is right for you and your lifestyle.

In this section of our guide, we'll take a closer look at the different types of strollers, their features and benefits, and our top picks at three different price points!

## Travel Systems

A travel system is an infant car seat, car seat base, and stroller all wrapped into one! These strollers are designed to work with an infant car seat, making it easy to move your baby from the car to the stroller without having to unbuckle them or disturb their sleep.

### Pros

- **Convenience:** With a travel system, you can easily move your baby from the car to the stroller without disturbing their sleep, which can be a lifesaver when you're out and about
- **Versatility:** Most travel systems can be used as a traditional stroller once your baby outgrows their infant car seat, making them a great long-term investment
- **Compatibility:** Travel systems are designed to work with specific infant car seats, so you can be sure that your car seat and stroller will work together seamlessly





## Cons

- **Cost:** Travel system strollers can be more expensive than traditional strollers or infant car seats alone, which may not fit everyone's budget
- **Size and weight:** Travel systems can be bulkier and heavier than other types of strollers, which can make them more difficult to maneuver and store
- **Limits options:** You'll have to purchase the same brand car seat and stroller (or buy an adapter) to make it work

## Questions to consider when choosing a travel system:

- How often will I be using the travel system?
- What type of terrain will I be using the travel system on (sidewalks, trails, beaches, etc.)?
- Will I be using the travel system for jogging or running?
- How much storage space do I have in my car and at home for the travel system?
- Do I want a travel system that can accommodate multiple children (a double stroller option)?
- How much weight can I comfortably lift and carry when folding and storing the travel system?
- How long do I plan on using the travel system (will I need it for just a few months, or several years)?
- Do I want a travel system with additional features, such as a reversible seat, adjustable handlebars, cupholders, etc.?
- Do I prefer a travel system with a sleek and modern look, or one with a more classic and traditional appearance?

## mommy labor nurse picks:



### Graco Modes Pramette

- Stroller can be used from infant to toddler
- Car seat can be rear- or forward-facing in the stroller
- Stroller has one hand fold option
- Large under basket for storage

[Shop Now](#)

### Baby Jogger City Mini GT2 All-Terrain

- A more sleek and “fashionable” look
- One hand compact fold
- Forever air rubber tires that won’t go flat
- All-wheel suspension for any terrain
- Can purchase glider board separately to accommodate an older child

[Shop Now](#)



### UPPAbaby Vista V3 + Mesa V3

- Designed to grow with families with multiple configurations
- Also includes an infant bassinet
- Shock absorbing front and rear suspension
- Easy-access under basket that holds up to 30 lbs
- Large sun protection canopy
- Easily removable and washable seat fabric

[Shop Now](#)





## Umbrella Strollers (Lightweight Strollers)

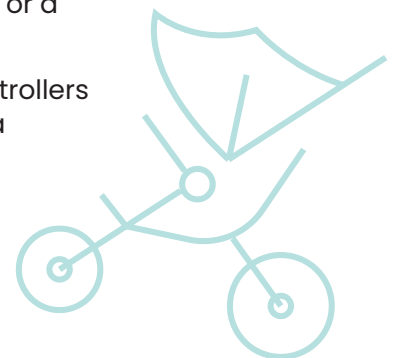
Umbrella strollers are a lightweight and compact option that's perfect for quick trips and travel. They're easy to maneuver and store, making them a great choice for parents on the go.

### Pros

- **Lightweight and compact:** Umbrella strollers are designed to be lightweight and easy to fold, making them a great option for travel or quick trips
- **Easy to maneuver:** With their small size and swiveling wheels, umbrella strollers are easy to maneuver through tight spaces and crowds
- **Affordable:** Umbrella strollers are often less expensive than other types of strollers, making them a budget-friendly choice

### Cons

- **Limited features:** Umbrella strollers typically don't come with the same features as other strollers, such as adjustable handles or a large storage basket
- **Less comfortable:** Because of their compact size, umbrella strollers may not be as comfortable for your child, and it's definitely a bumpier ride!
- **Limited weight capacity:** Umbrella strollers usually have a lower weight capacity than other strollers, which may not be suitable for larger or older babies





## mommy labor nurse picks:



### Summer 3D Mini Convenience Stroller

- Lightweight aluminum frame, only weighs 11 lbs
- Multi-position recline with padded seat
- Under stroller storage basket, rear storage pocket, and 2 cup holders included
- Canopy with flip out sun visor for extra sun protection
- Weight capacity up to 45 lbs

[Shop Now](#)

### Uppababy G-Luxe

- Easy to remove washable fabric
- Large canopy with extendable UPF 50+ sun shade
- Reclining seat + adjustable footrest
- Cup holder included
- Spacious storage basket underneath
- Weight capacity up to 55 lbs

[Shop Now](#)



### gb Pockit+ Ultra Compact Lightweight Travel Stroller

- Folds up into a compact handbag
- Airplane carry-on compliant
- Large sun canopy for sun protection
- Large under basket for storage
- Adjustable seatback with multiple recline positions
- Weight capacity up to 55 lbs

[Shop Now](#)



## Double Strollers

Double strollers are a must-have for parents of multiples or for those with a baby and toddler. They allow you to easily transport two children at once, whether you're out for a walk or running errands.

### Side-by-side double strollers

- **Better visibility:** With both children sitting next to each other, it's easier for them to interact and see the world around them
- **Equal weight distribution:** With the weight of the children evenly distributed, it can be easier to maneuver and steer the stroller
- **Wide frame:** Side-by-side strollers can have a wider frame, which may make them more difficult to navigate through narrow doorways or aisles



### Tandem double strollers

- **Narrow frame:** Tandem strollers have a narrower frame, which can make them easier to navigate through tight spaces and crowds
- **Different seating options:** With a tandem stroller, you can often configure it in different ways to have your little ones facing in their preferred direction
- **Unequal weight distribution:** With the weight of the children distributed unevenly, it can be more difficult to steer and maneuver the stroller

### Questions to ask yourself about side-by-side options:

- Will I be mostly using the stroller for walking outside or going to parks where there is more space to maneuver?
- Do my children enjoy interacting with each other, and will they benefit from sitting side-by-side?
- Do I have a vehicle that can accommodate a wider stroller frame?
- Do I have enough storage space at home to store a wider stroller frame?
- Am I comfortable with a stroller that has a wider turning radius?

### Questions to ask yourself about tandem design options:

- Will I be using the stroller in tight spaces, such as in stores or on public transportation?
- Will my children prefer sitting in different positions, such as facing forward or backward?
- Do I have a smaller vehicle or limited storage space at home?
- Am I comfortable with a stroller that may be more difficult to steer due to uneven weight distribution?

mommy  
labor nurse picks:



**Summer Infant 3D Lite  
Lightweight Double Stroller**

- Umbrella stroller version of a double stroller
- Weighs only 22 lbs
- Side-by-side seating
- Separate adjustable recline on each seat
- Lots of storage under the stroller
- Sun canopy for protection
- Max weight is 50 lbs per child

[Shop Now](#)

**Graco Ready2Grow LX 2.0  
Double Stroller**

- Many different seat combinations to accommodate different age kids and grow with you
- Compatible with all Graco car seats
- Front and back seats vs side-by-side
- Weight capacity: 50 lbs in front, 40 lbs in back

[Shop Now](#)



**Baby Jogger City Mini GT2 All  
Terrain Double Stroller**

- 4 different modes of use (items like car seat and pram sold separately)
- One-step quick fold technology
- Can add adapters to make it a compatible travel system with most big name brands
- Side-by-side seating
- Max weight 50 lbs per seat

[Shop Now](#)







## Jogging Strollers

If you enjoy running or jogging, a jogging stroller can be a great investment for keeping up with your fitness routine while spending quality time with your little one.

These strollers are designed with three sturdy wheels, all-terrain tires, and a suspension system to provide a smooth ride for your child, even on bumpy surfaces.

### Questions to ask yourself before choosing a jogging stroller:

- What type of terrain will I be running on (e.g. pavement, dirt trails, or a mix)?
- How often do I plan on using the jogging stroller for running or jogging?
- Will I be using the jogging stroller for other activities, such as walking or hiking?
- Do I want a jogging stroller that can also be used as an everyday stroller?
- How easy is the jogging stroller to maneuver and steer while running?
- How much storage space do I have in my car and at home for the jogging stroller?
- How much does the jogging stroller weigh, and can I comfortably lift it?
- Is the jogging stroller compatible with my child's car seat, or do I need to purchase a separate one?
- Does the jogging stroller have a hand brake for added safety?
- Is the jogging stroller easy to fold and store when not in use?
- Do I prefer a jogging stroller with a fixed or swivel front wheel?

mommy  
labor nurse picks:



**Baby Trend Range Jogger Stroller**

- Lockable front swivel wheel for easy maneuvering
- Footrest reflectors for low-light visibility
- Effortless trigger fold
- Child tray with 2 cup holders
- Parent tray with 2 cup holders
- Adjustable canopy with covered sunroof
- Multi-position, reclining, padded seat
- Max weight capacity 50 lbs

[Shop Now](#)

**Baby Jogger City Mini GT2 All Terrain Stroller**

- All-wheel suspension for comfort on all terrains
- Adjustable calf support and near-flat recline
- One-hand compact fold
- Also comes in double stroller version
- Max weight 65 lbs

[Shop Now](#)



**Bob Gear Revolution Flex 3.0 Jogging Stroller**

- Compatible with most major brand car seats (with adapter) to create a travel system
- Adjustable handlebar
- Reclining seats
- 6 storage pockets and extra large cargo basket
- Also comes in a double stroller version
- Max weight 75 lbs

[Shop Now](#)





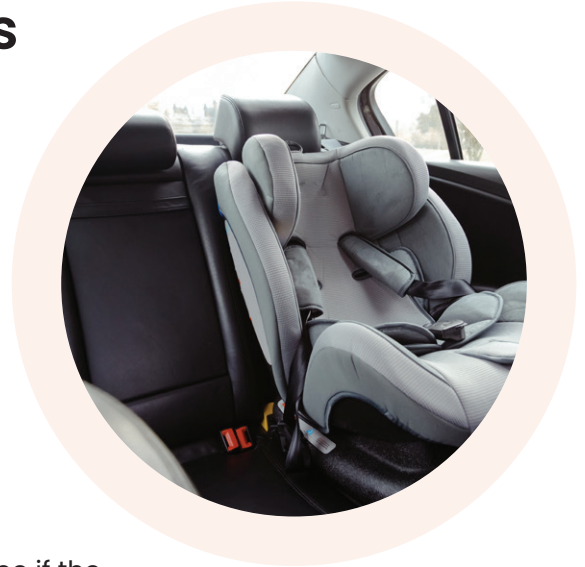
# Car Seats and Accessories

Choosing the right car seat for your baby is one of the most important decisions you'll make as a parent.

Car seats provide essential protection for your child during car rides, and it's important to choose one that fits your child's age, weight, and height, as well as your vehicle.

## Questions to consider and research before choosing a car seat:

- What is the weight and height limit of the car seat? Make sure the car seat is appropriate for your child's age, weight, and height
- What is the installation process like? Check to see if the car seat is easy to install and has clear instructions
- Does the car seat fit well in your vehicle? Not all car seats fit well in all cars, so make sure to check compatibility before purchasing
- Is the car seat comfortable for your child? Look for a car seat with enough padding and support to keep your child comfortable on long car rides
- What safety features does the car seat have? Look for a car seat with features such as a five-point harness, side-impact protection, and energy-absorbing foam lining
- Does the car seat come with a warranty? Consider purchasing a car seat with a warranty to protect your investment in case of defects or issues
- What is the car seat's reputation for safety and reliability? Look up reviews and safety ratings from trusted sources to ensure you're making a safe choice for your child
- Does the car seat meet your lifestyle needs? Consider factors such as weight, portability, and compatibility with strollers to ensure the car seat fits your lifestyle



## Looking for more support?

Choosing a car seat was probably the most overwhelming decision for me as a first-time mom.

Since then, I've connected with Michelle from Safe in the Seat, a Nationally Certified Child Passenger Safety Expert, who offers resources to help you with all things car seats!

I highly recommend her [\*\*Infant Car Seat Buying Kit\*\*](#) and [\*\*Infant Car Seat Safety Course\*\*](#) to eliminate stress and overwhelm, and get the peace of mind you deserve when it comes to your baby's car seat safety. And if you use code **MLN** at checkout, you can get 15% off!



## Convertible Car Seats

A convertible car seat is a type of car seat that can be used from infancy to toddlerhood, and sometimes even beyond. Unlike infant car seats, which are rear-facing only and used until around the first year of life, convertible car seats can be used both rear-facing and forward-facing. They're called "convertible" because they can be converted from a rear-facing position to a forward-facing position, depending on the age and size of your child.

Convertible car seats are a must-have to keep baby safe beyond the use of your infant car seat and travel system, and some parents skip an infant seat and start with this right away (though I do recommend reading through the pros and cons of both convertible and infant car seats before making that decision!).

### Pros

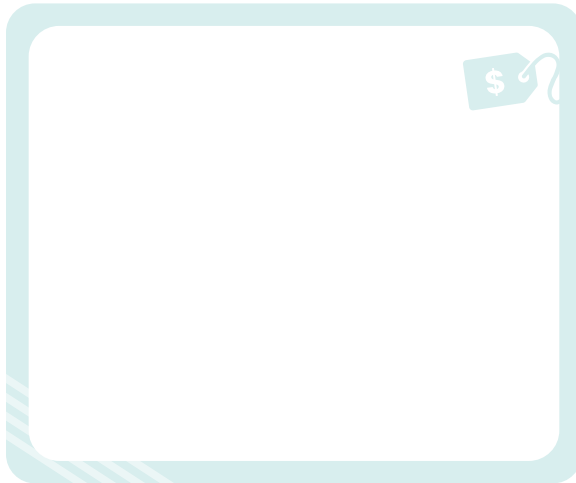
- **Longer lifespan:** Convertible car seats can be used from infancy through toddlerhood and beyond, so you don't need to buy a new car seat as your child grows
- **Cost-effective:** While convertible car seats may be more expensive upfront, they can ultimately save you money in the long run since you won't need to purchase separate seats
- **More versatile:** Convertible car seats can be installed both rear-facing and forward-facing, giving you more flexibility and options. You can also find options that will work with your car and unique car seat set-up. And some even swivel for easy access when getting baby in and out!

### Cons

- **Heavier and bulkier:** Convertible car seats tend to be larger and heavier than infant car seats, which can make them more difficult to move between vehicles or carry with you on-the-go
- **Less convenient:** Convertible car seats are meant to stay in the car - meaning you can't transport your baby in this car seat. They are also not compatible with travel systems



## mommy labor nurse picks:



### Safety 1st onBoard Slide DLX Convertible Car Seat

- Compact design for small cars
- Minimum weight 5 lbs
- Rear-facing weight range 5-40 lbs
- Forward-facing weight range 22-65 lbs
- Good budget friendly option or as a second seat for grandparents, babysitter, etc.

Shop Now

- Adjustable extension panel to allow extended rear-facing use
- 6-position recline for better installation
- Rear-facing weight range 4-50 lbs
- Forward-facing weight range 22-65 lbs

Shop Now



### Baby Jogger City Turn Rotating Convertible Car Seat

- One-hand 180 degree rotation to make getting baby in and out easier
- Coolmax moisture wicking material
- Rotating feature makes for easy installation
- Rear-facing weight range 4-50 lbs
- Forward-facing weight range 22-65 lbs

Shop Now







## Infant Car Seats

Infant car seats are specifically designed for infants and younger babies, and are rear-facing only. These car seats typically attach to a base that stays in your car at all times, making it easy to move your baby in and out of the car without disturbing their sleep.

We recommend purchasing multiple bases for yours and your partner's cars to avoid having to switch the base out. Bases are far less expensive than the actual car seat, so this can be a cost-effective way to make your life easier!

### Pros

- **More portable:** Infant car seats are typically smaller and lighter than convertible car seats, making them easier to carry and transport
- **More specialized:** Infant car seats are designed specifically for newborns and provide a secure and snug fit for smaller babies
- **More convenient:** If you use a stroller frequently, many infant car seats can be easily attached and removed from compatible strollers (see travel systems listed above)

### Cons

- **Shorter lifespan:** Infant car seats are designed for use only during the first year or so of your child's life, meaning you'll need to purchase a separate car seat once your child outgrows it
- **More expensive in the long run:** Since you'll need to purchase a separate toddler car seat, using an infant car seat and then switching to a convertible car seat can ultimately cost more than using a convertible car seat from the start

mommy  
labor nurse picks:



**Safety 1st onBoard Slide DLX Convertible Car Seat**

- Compatible with any quickclick-equipped stroller
- Seat pads easily removed for cleaning
- Weight requirements 4-35 lbs

[Shop Now](#)

[Extra Base](#)

**Graco Snug Ride**

- Can easily click in certain Graco strollers for ease of transfer
- 4 adjustable base positions
- Weight requirements 4-35 lbs

[Shop Now](#)

[Extra Base](#)



**UPPAbaby MESA V2 Infant Seat**

- Attaches directly to VISTA and CRUZ strollers without adapter
- Easily removable and washable seat fabric
- UPF hideaway canopy
- Weight requirements 4-35 lbs

[Shop Now](#)

[Extra Base](#)







## Car Seat Mirror or Camera

A car mirror is an excellent accessory for parents with rear-facing car seats. These mirrors attach to the back seat headrest and allow parents to see their baby in the rear-facing car seat through their car's rear view mirror. Car cameras function in the same way, but have a receiver that sits up on your dash.

With a car mirror or camera, parents can keep an eye on their little one while driving and ensure they are safe and comfortable.

## mommy labor nurse picks:



### Funbliss Baby Car Mirror

- Shatter proof
- Fully adjustable straps

Shop Now

### Munchkin Brica 360 Pivot Baby in-Sight Wide Angle Adjustable Mirror

- Shatter resistant
- Measurements 11.25" x 8"
- Rotates 360 degrees
- Straps to headrest

Shop Now



### Shynerk Baby Car Camera and Monitor

- Night vision and motion sensor
- Clear LCD screen
- Easy install

Shop Now



## Window Shades

A window shade is an essential accessory for any parent's car, providing protection for both the baby and the car's interior from harmful UV rays and heat.

Window shades are easy to install and come in various sizes to fit any car window. With a window shade, parents can ensure their baby is safe, comfortable, and protected during car rides.

### mommy labor nurse picks:



#### Enovoe Car Window Shades for Baby (2 pack)

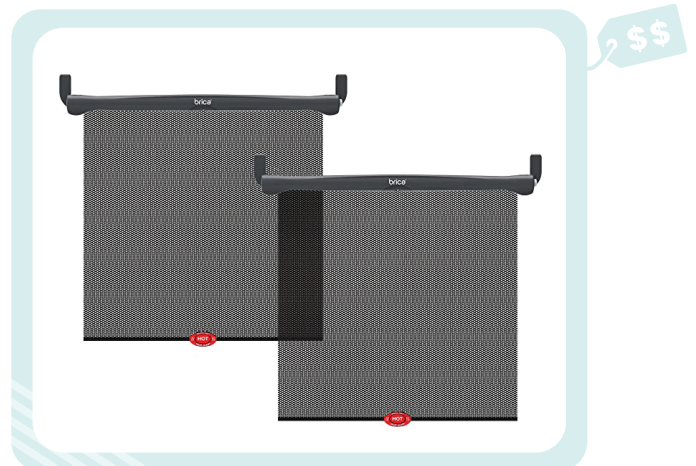
- Mesh fabric
- Dual layer design
- Fits most cars
- Easy install

[Shop Now](#)

#### Munchkin Brica Sun Safety Car Window Roller Shade with White Hot Heat Alert

- Indicator when car is too hot
- One push retract button for easy rollup
- Mesh for visibility and safety

[Shop Now](#)



#### Munchkin Brica Magnetic Stretch to Fit Sun Shade

- Magnetic closure
- Safe-view mesh material
- Window can roll down with sun shade in place

[Shop Now](#)





## Baby Carriers

Baby carriers provide a hands-free and convenient way to keep your baby close while allowing you to go about your daily activities. In this section of the guide, we'll help you choose the right style baby carrier for your needs!

We'll cover the benefits and drawbacks of each type of carrier and provide you with our top picks at different price points to make your decision-making process easier.

### Here is a list of questions to help you decide on a baby carrier:

- What activities do you plan on doing while babywearing? (e.g. walking, hiking, household chores, etc.)
- How long do you plan on wearing the carrier each day?
- Do you prefer a carrier that is quick and easy to put on, or are you willing to spend more time wrapping or adjusting the carrier for a perfect fit?
- What is the climate like where you live? (e.g. hot and humid, cold and dry, etc.)
- Do you have any physical limitations or health concerns that may impact the type of carrier you can use?
- Do you want a carrier that will last through multiple stages of your baby's growth, or are you comfortable buying different carriers as your baby grows?
- Do you prefer a carrier with a certain aesthetic or style?
- Do you want a carrier that is sized to your frame, or one that can be used between both parents or other caregivers?



## Fabric/Wrap-Style Baby Carriers

Wrap-style baby carriers are exactly what they sound like – a long piece of fabric (or pre-looped fabric) that you wrap around your body in a specific way to hold your baby.

### Pros

- **Versatile:** Wrap-style carriers can be worn in various positions and adjusted to fit different body types, making them a great option for parents of all shapes and sizes
- **Comfortable:** The soft, stretchy material provides a snug and supportive fit for both the baby and the wearer
- **Great for newborns:** Wrap-style carriers are really great for smaller babies
- **Easy to pack:** A wrap-style carrier fits easily into your diaper bag
- **Aesthetically pleasing:** With a wide variety of fabrics, styles, and patterns you can find a wrap-style carrier that suits you

### Cons

- **Learning curve:** Wrap-style carriers can be tricky to master at first and require some practice to get the hang of wrapping and tying the fabric properly
- **Time-consuming:** Putting on a wrap-style carrier can take longer than using a structured carrier, which may not be ideal for parents on the go
- **Less support for heavier babies:** While wrap-style carriers are suitable for newborns and younger babies, they may not provide enough support for heavier or older babies



## mommy labor nurse picks:



### Boba Baby Wrap

- One size fits all
- One way to tie the wrap to help minimize confusion
- Hip healthy certified
- Can book a free fit consultation with a babywearing educator if needed
- Weight: 7-35 lbs

[Shop Now](#)

### Baby K'tan

- 13 different positions to grow with your baby
- Double loop design and one way stretch to hold baby securely
- A "no-wrap" wrap - just slips over your head like a shirt
- Comes in several sizes (XXS-XL)
- Weight: 8-35 lbs

[Shop Now](#)



### Solly Wrap

- Buttery soft, lightweight material
- Comfortable custom fit
- Hip healthy certified
- Weight: 8-25 lbs

[Shop Now](#)







## Soft-Structured Baby Carriers

Soft-structured baby carriers are a babywearing option that offer a mix of comfort and support for both baby and parent.

They typically have a structured waistband and shoulder straps, with a soft and flexible body panel that molds to baby's shape.

### Pros

- **Structure:** Structured baby carriers usually distribute baby's weight evenly, reducing strain on your back and shoulders
- **Easy to use:** Structured carriers typically have buckles or snaps that make it easy to get the carrier on and off quickly
- **Suitable for bigger babies:** Structured carriers can usually support bigger babies (up to 45 pounds or more), making them a good option for parents with older or larger infants
- **Can be used by both parents:** Soft-structured carriers are fully adjustable and don't come in sizes like some wrap-style carriers

### Cons

- **Bulkier:** Structured carriers can be bulky and take up more space in a diaper bag or when traveling
- **More expensive:** Structured carriers can be more expensive than other types of carriers, which may not fit into everyone's budget
- **May not work for a newborn:** Many structured carriers have infant inserts, but in general they are not as suitable for newborns as wrap-style carriers

## mommy labor nurse picks:



### Infantino Flip Advanced 4-in-1 Carrier

- Adjustable shoulder straps and waist belt
- Option to face in or out depending on baby's age and weight
- Also has an option to use as a backpack for older babies
- Weight: 8-32 lbs

[Shop Now](#)

### LILLEbaby Complete All Seasons Ergonomic 6-in-1 Carrier

- 6 carry styles for 360 degree baby wearing
- Zip down front panel with mesh for added ventilation
- Hip carrying option
- Weight: 7-45 lbs

[Shop Now](#)



### Ergo Baby Omni 360

- Exceptional lumbar support to prevent low-back pain
- 4 carrying positions
- UPF sun hood
- Weight: 7-45 lbs

[Shop Now](#)

### Baby Tula Mesh Carrier

- Mesh carrier panel for added ventilation
- Multiple carrying positions
- Padded shoulder straps and waistband
- Weight: 7-45 lbs

[Shop Now](#)



## Swing

Baby swings are a useful tool for soothing infants and providing parents with some hands-free time.

They come in a variety of styles and options, including battery-powered and plug-in models, and can be a helpful addition to any baby gear collection.

### mommy labor nurse picks:



#### Bright Starts Portable Automatic 6-Speed Swing

- Space saving – good for travel or small spaces
- 2-position recline
- Toy mobile

[Shop Now](#)

#### Graco Simple Sway Swing

- Side-to-side swaying motion
- 6 swing speeds
- 2-speed vibration
- Small frame design
- Toy mobile included

[Shop Now](#)



#### 4Moms MamaRoo Swing

- 5 motions, 5 speeds, 4 built-in sounds
- Bluetooth and Wi-Fi capabilities
- Adjustable recline
- Toy mobile

[Shop Now](#)



## Bouncers and Rockers

Baby bouncers are a must-have item for many new parents, as they provide a safe and soothing place for babies to rest and play.

These portable seats bounce and vibrate to soothe fussy babies, and many models also include toys and other features to keep little ones entertained.

**mommy**  
labor nurse picks:



### Bright Starts Portable Baby Bouncer

- Vibrating seat
- Toy bar
- Soothing vibrations
- Several different colors/patterns

[Shop Now](#)

### Ingenuity Infant to Toddler Rocker and Baby Bouncer Seat

- Converts from rocker to toddler seat
- Removable toy bar included
- Lightweight and foldable design
- Bolster can double as a tummy time mat

[Shop Now](#)



### BabyBjorn Bouncer

- Very compact and portable
- Weighs 5 lbs
- Lays flat for easy storage
- 3 different incline options

[Shop Now](#)





# Diaper Bags

Are you ready to talk diaper bags? In this section of the guide we'll explore different types of diaper bags, considerations to keep in mind when choosing one, and options at various price points to help you find the perfect diaper bag for your needs.

Whether you're a first-time parent or a seasoned pro, a well-stocked and well-organized diaper bag can make all the difference in keeping you and your little one happy and comfortable while on the go.

## What to consider when choosing a diaper bag:

- **Price:** Diaper bags can get pretty fancy and expensive. If you want to splurge on a diaper bag, go for it, mama! But remember, they all serve the same purpose, so don't feel like you have to get the fanciest one out there
- **Size:** You don't want a diaper bag that's too big, otherwise, you'll end up carrying a lot of unnecessary items. And if it's too small, you'll be frustrated that it doesn't hold everything you need. So find a size that's just right for you
- **Storage:** Pockets and compartments are essential, but don't go overboard with too many pockets, or you'll have trouble finding what you need. Consider the size, location (inside/outside), closure type (velcro/zip), and quantity of pockets
- **Ease of cleaning:** Let's face it, spills will happen. Choose a diaper bag that's easy to wipe clean or can be thrown in the washing machine
- **Type/Style:** There are many types of diaper bags out there, from backpacks to totes to messenger bags. Consider what style will work best for you and your lifestyle

## Here are the most common types of diaper bags to choose from:

- **Tote bag:** These bags are perfect if you need to carry a lot of stuff with you. They usually come with lots of pockets and compartments to help with organization, so you can find what you need quickly and easily
- **Backpack:** If you need your hands free while carrying baby, then a backpack diaper bag is a great option. It's especially helpful if you're going to be wearing it for long periods of time, like during a day out or on a hike
- **Messenger bag:** These bags are typically more comfortable than totes because they come with a crossbody strap. You can wear them for longer periods of time without putting too much strain on your shoulders
- **Fanny pack:** This type of diaper bag is perfect if you need your hands free and only need to carry a few essential items like a couple of diapers, a small pack of wipes, and maybe one other item
- **Convertible diaper bag:** These bags are versatile and can be converted from a tote or messenger bag to a backpack, depending on your needs. They're a great option if you want the flexibility to switch between different styles



## mommy labor nurse picks:



### Dikaslon Diaper Bag Tote

- Interior lining that's easy to wipe down
- Several different size pockets for storage
- Can be carried over the shoulder or crossbody
- Comes with portable changing pad and pacifier case

[Shop Now](#)

### SkipHop Diaper Bag Backpack

- Lightweight, quilted material
- Comes with 2 packing cubes to help with organization
- Built-in stroller straps to easily hang on your stroller
- Cushioned changing pad included for on-the-go diaper changes

[Shop Now](#)



### Freshly Picked Convertible Classic Diaper Bag

- Can be used as a backpack, crossbody, or purse
- Features 10 pockets
- Metal "feet" on the bottom so it doesn't directly touch the ground
- Sleek and modern
- Handwash only

[Shop Now](#)



## mommy labor nurse picks:



### Ruvalino Diaper Bag Backpack

- Includes 2 big zipper closure compartments
- Can be worn as a backpack, handbag, or hung on the stroller
- Durable and waterproof fabric
- Insulated pocket for bottles
- Separate "parent pocket" for keys and wallet

[Shop Now](#)

### Kibou Fanny Pack

- Detachable changing pad included for on-the-go diaper changes
- Stain and water resistant
- Waterproof lined pocket to keep wipes moist for a week
- 4 total pockets
- Built in key ring and pacifier hook

[Shop Now](#)



### FlyDad FirstBorn Men's Diaper Backpack

- Sleek look with leather accents
- 21 functional compartments
- Includes universal charging cable, laptop sleeve, and water bottle holder
- Insulated milk pockets
- Dedicated diaper pocket

[Shop Now](#)



## Travel Cribs and Play Yards

Play yards and travel cribs, also known as playpens or pack 'n plays, are versatile baby gear that can be used for both playtime and sleep.

They provide a safe and contained space for your little one to play, nap, or rest while you attend to other tasks. Play yards are also great for travel as they are lightweight, easy to pack up, and can provide a familiar sleep space for your baby while on the go.

Whether used at home or on the road, a play yard can be a valuable addition to your baby gear collection.

### Questions to ask yourself before choosing a travel crib/play yard:

- What is the main purpose of the play yard? Will it be used for sleeping, playing, or both?
- How often will the play yard be used? Will it be used frequently for travel or only occasionally?
- What is the size of the play yard and does it fit in the space you have in mind?
- Does the play yard have all the features you need, such as a bassinet attachment, changing table, and storage?
- How easy is the play yard to set up and take down? Will you be able to do it quickly and easily, especially when you're on the go?
- Is the play yard sturdy and durable? Will it be able to withstand regular use and travel?
- Does the play yard come with a carrying case for easy transport and storage?
- Is the play yard easy to clean and maintain?
- What is the weight limit of the play yard and will it be suitable for your child's needs?
- What is your budget for a play yard and which options fit within your price range?



## mommy labor nurse picks:



### Dream On Me Portable Play Yard

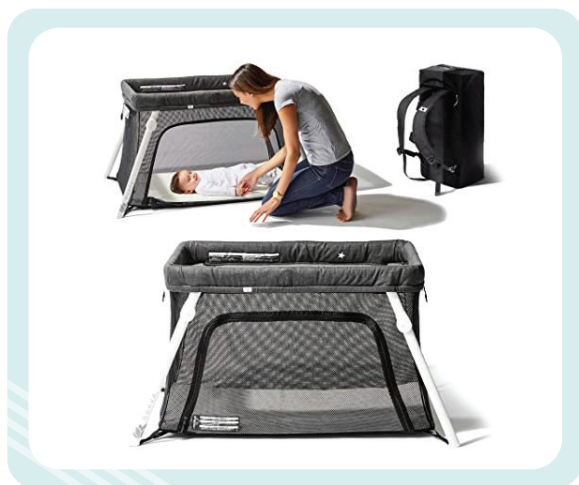
- Folds and stores in provided tote bag
- Weighs 16 lbs
- Very similar to the Graco pack 'n play just a bit more basic

[Shop Now](#)

### Graco Pack 'n Play

- Convenient carrying bag
- Includes full size infant bassinet insert that can be removed as baby gets older
- Wheels to allow for easy rearranging
- Weighs 23 lbs

[Shop Now](#)



### Guava Family Lotus Travel Crib

- Backpack carrying case included
- Weighs 15 lbs
- Side zipper door

[Shop Now](#)

## Section 2:

# Baby's Nursery



Creating the perfect nursery for your little one can be an exciting but overwhelming task. In this section, we'll guide you through the must-have items you need to create a cozy and safe sleep environment for your baby. From cribs and mattresses to bedding and sound machines, we've got everything you need to create the functional and beautiful nursery of your dreams.

## Crib

Welcome to the section on cribs! It's important to note that any crib manufactured after 2011 should meet the safety standards set by the U.S. Consumer Product Safety Commission. Safety should always come first when shopping for a crib for your little one.

In this section, we'll discuss the different types of cribs available, as well as factors to consider when choosing the right crib for your family's needs.

### Things to consider before choosing a crib:

- **Safety standards:** Make sure the crib meets the safety standards set by the U.S. Consumer Product Safety Commission
- **Size:** Consider the size of the crib and whether it fits well in your nursery or bedroom
- **Style:** Cribs come in different styles, such as sleigh, convertible, and round. Consider which style fits your decor and needs
- **Look:** There are lots of options to choose from including modern, classic, mid-century, bohemian, and more
- **Convertibility:** Some cribs can be converted into toddler beds, daybeds, or even full-size beds. If you want a crib that can grow with your child, consider a convertible crib
- **Mattress height:** Some cribs have adjustable mattress heights, which is helpful as your child grows and learns to stand
- **Material:** Cribs can be made from different materials such as wood, metal, or plastic. Consider which material is durable, fits your decor, and is easy to clean
- **Price:** Cribs can range in price from a few hundred dollars to over a thousand. Consider your budget and how long you plan to use the crib

## mommy labor nurse picks:



### Dream On Me 4-in-1 Mini Crib

- Converts into a daybed and twin bed (conversion kit sold separately)
- Greenguard gold certified (clear of over 10,000 different chemicals)
- 3 mattress height options
- Compact dimensions for smaller spaces
- Made of solid pinewood

[Shop Now](#)

### DaVinci Meadow 4-in-1 Convertible Crib

- Greenguard gold certified (clear of over 10,000 different chemicals)
- 4 mattress levels
- Converts to daybed, toddler bed, and full-size bed

[Shop Now](#)



### Pottery Barn Kids 4-in-1 Convertible Crib

- Craftsman-inspired details that coordinate with nearly any room style
- Greenguard gold certified (clear of over 10,000 different chemicals)
- Mattress platform (which is made of metal) offers two height options to accommodate your growing baby
- Can be used as a crib, toddler bed, and two full-size bed options
- Made from solid sap gum wood

[Shop Now](#)

## Mattress

If you are familiar with me or any of my IG content then you know I'm a BIG Newton Mattress fan. I use them for both of my boys, and am so impressed with the long-lasting quality and peace of mind this breathable option provides.

However, I know they are pricey, so I'm going to provide you with some other, more affordable options as well!

### mommy labor nurse picks:



#### Graco Ultra 2-in-1 Premium Dual Sided Mattress

- Greenguard gold certified
- Dual sided (infant side and toddler side)
- Mattress cover with unzip feature
- Machine washable outer cover

[Shop Now](#)



#### Dream On Me 2-in-1 Breathable Sweet Dreams Mattress

- Greenguard gold certified
- Dual sided (infant side and toddler side)
- Breathe-flow technology that promotes airflow
- 30-day warranty

[Shop Now](#)



#### Newton Crib Mattress

- 100% breathable and washable
- Greenguard gold certified
- 5.5 inches thick
- Soft, quilted, removable cover
- 4 versions: essential, original, waterproof, mini (with varying prices)
- 100 night home trial

[Shop Now](#)





## Mattress Protector

Crib mattress protectors are a must-have for parents because they help keep your baby's sleeping area clean and fresh. Babies can be messy and accidents happen, so having a protector in place can help prevent stains, odors, and bacteria buildup on the mattress. Plus, they're easy to clean and replace, so you can ensure your little one always has a clean and comfortable place to sleep.

Just make sure to choose a protector that fits your specific crib mattress and is made from materials that are safe and comfortable for your baby's delicate skin.

## mommy labor nurse picks:



### Biloban Crib Mattress Protector

- 100% waterproof
- Noiseless
- Quilted
- 4 layer design

[Shop Now](#)

### SureGuard Crib Mattress Encasement

- 100% waterproof
- Bed bug proof
- Noiseless
- Washing machine friendly

[Shop Now](#)



### Newton Waterproof Crib Mattress Pad

- 100% breathable and waterproof
- Machine washable
- 2 layers of breathe-thru spacer material

[Shop Now](#)



## Crib Sheets

Crib sheets are another essential part of any baby's bedding set, as they provide a soft, comfortable surface for your little one to sleep on.

They come in a variety of colors, patterns, and materials to suit your style and needs. It's a good idea to have a few on hand, so you can easily switch them out when they get dirty or spit-up on.

### mommy labor nurse picks:



#### American Baby Company Crib Sheet

- 100% cotton jersey
- Tee-shirt like feel

[Shop Now](#)

#### Ely's & Co Waterproof Crib Sheet

- 100% jersey cotton with eco-friendly TPU (thermoplastic polyurethane) lining
- Sheets double as a mattress protector

[Shop Now](#)



#### Newton Crib Sheet

- Organic muslin cotton
- 100% breathable
- Fits any crib mattress

[Shop Now](#)







## Bassinet

Bassinets are a great option for parents who want to keep their newborn close by for the first few months. They are smaller and more portable than cribs, making them a good choice for parents who want to move their baby from room to room or even take them on trips.

Some bassinets also come with features like rocking or vibration settings to help soothe a fussy baby. It's important to keep in mind that bassinets have weight and age limits, so you'll need to transition your baby to a crib once they outgrow it.

**Note:** Be sure to get bassinet sheets that are specific to the bassinet you choose!

### Pros

- Bassinets are generally smaller and more lightweight than cribs, making them easy to move around and fit in smaller spaces
- Some bassinets come with features like rocking or vibration settings, which can be soothing for babies and help them sleep
- They provide a cozy and snug sleeping environment, which can help newborns feel secure and calm
- Bassinets are ideal for using in the parent's room before baby moves to the nursery

### Cons

- Bassinets have weight limits, so your baby will eventually outgrow it and you will need to transition to a crib
- Some bassinets may not meet the same safety standards as cribs, so it's important to do your research and choose a high-quality and safe model
- Depending on the design, bassinets may not be as easy to clean or maintain as cribs

## mommy labor nurse picks:



### Dream On Me Karley Bassinet

- Lightweight aluminum frame
- Easy to move from room to room
- Adjustable double canopy
- Quick folding
- No tool assembly

[Shop Now](#)

### Simmons Kids City Bedside Sleeper

- Attached mobile that includes nightlight, vibrations, and twinkle lights
- Breathable mesh sides
- Removable canopy
- Lightweight frame makes it easy to move around

[Shop Now](#)



### Pottery Barn Kids Bassinet and Mattress Pad Set

- Made from tightly woven rattan on a frame of mahogany
- Bottom shelf provides extra storage
- Rolls on locking casters
- Includes a waterproof mattress pad

[Shop Now](#)

### SNOO Smart Sleeper Bassinet

- Automatically responds to baby crying
- Associated app
- 5 levels of designed sound + motion to soothe babies
- Automatically sleep trains baby
- Breathable mesh walls

[Shop Now](#)





## Dresser

Dressers are an important part of any baby nursery. They not only provide storage for all your baby's cute little outfits and accessories, but can also be a statement piece in the room's decor.

When it comes to choosing between a regular dresser and a dedicated changing table, it really depends on your personal preference and space availability. When choosing, don't forget to consider things like size, number of drawers, and quality when choosing the perfect dresser for your nursery.

### Things to consider before purchasing a dedicated changing table vs using a dresser:

- How long will it get used?
- Will it offer enough storage as my baby grows?
- Would a regular dresser work better?
- Do I plan on having more children?
- Will it match other furniture in the room?
- What dimensions will work well in my space?
- Do I want to utilize open shelves with baskets?
- Would I prefer drawers?



## mommy labor nurse picks:



### Delta Children 3 Drawer Dresser

- Greenguard gold certified
- Drawer glide system prevents drawers from pulling out
- Sturdy wood construction
- Can easily add a changing topper (purchased separately)

[Shop Now](#)

### DaVinci Kalani 6-Drawer Changer Dresser

- Space efficient design with included changing tray
- 3 spacious drawers
- Smooth glide, easy open drawers

[Shop Now](#)



### Pottery Barn Kids Kendall Extra-Wide Nursery Dresser and Topper Set

- Greenguard gold certified
- Changing topper lifts off easily to create a dresser
- Features seven roomy drawers

[Shop Now](#)





## Rocking Chairs and Gliders

For a place to feed, rock, and read to baby, a glider or rocker is a must-have. When you are choosing, don't think about looks alone - functionality is important!

- What footprint will the chair take up including a potential ottoman/footrest? Be sure to consider the space it will take up when it's in motion as well
- How heavy is the chair? In a smaller room the ability to move it may be important
- Are there armrests? Are they conducive to bottle and breastfeeding positions?
- Is there additional storage, like pockets on the armrests?

**Tip:** Have a side table next to the chair in your soothing space as a catch-all, and put a dimmable light on it for convenience.

## mommy labor nurse picks:



### Storkcraft Premium Hoop Glider and Ottoman

- Padded arm cushions with pockets for storage
- Smooth and gentle rocking experience
- Expert tested to meet or exceed all voluntary and mandatory safety standards

[Shop Now](#)

### Delta Children Benbridge Glider Swivel Rocker

- Fully upholstered glider
- Gentle swivel and glide motions
- Thickly padded armrests
- Plush seat cushion that can be removed for cleaning
- Ottoman can be purchased separately

[Shop Now](#)



### Carter's by DaVinci Adrian Swivel Glider with Ottoman

- Water repellent
- Stain resistant
- 360 degree swivel motion and forward and backward gliding
- Ottoman doubles as storage bin

[Shop Now](#)



## Night Light

Night lights are an important addition to your baby's nursery. Not only do they add a comforting ambiance to the room, but they also make nighttime feedings and diaper changes easier without disturbing your little one's sleep (I love a dimmable option for this!).

From plug-in to portable, there are a variety of options to choose from, so you're sure to find one that meets your needs and style.

### mommy labor nurse picks:



#### LOHAS Plug In Night Light

- Adjustable brightness
- Lifespan of over 30,000 working hours
- Space saving, doesn't block bottom outlet

[Shop Now](#)

#### JolyWell Night Light

- 8 different color options
- 100% safe for baby to play with
- Low battery indicator

[Shop Now](#)



#### Hatch Rest Baby Sound Machine and Night Light

- Wi-Fi enabled
- Dimmable clock
- 6+ soothing sounds
- Grows with your baby
- Infinite color hues with dimmable brightness
- Control via app from anywhere

[Shop Now](#)

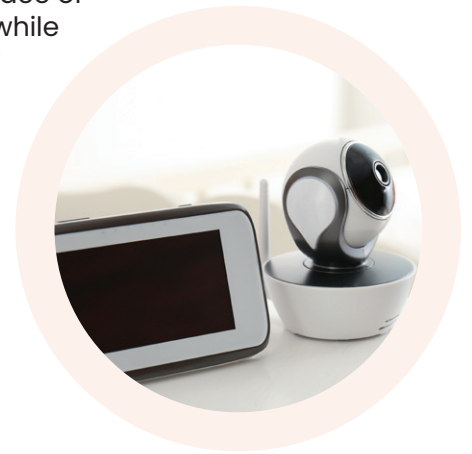


## Monitor

Monitors can be a game-changer for new parents, giving you peace of mind and allowing you to keep an eye (or ear) on your little one while they sleep. When it comes to choosing a monitor, there are a few different options to consider.

Audio-only monitors are great if you're on a budget or don't want to deal with setting up a video feed. Closed circuit video monitors allow you to see and hear your baby, while Wi-Fi monitors can offer more features like remote access and integration with smart home systems.

Consider your needs and budget when making your decision, and get ready to rest a little easier knowing your baby is just a monitor away!



### Audio-Only Monitors

- Allow you to hear your baby's sounds and cries from another room
- Typically have a range of up to a few hundred feet, depending on the model
- Some models may have additional features, such as a night light or two-way communication
- Often less expensive than video monitors
- Can be more reliable in areas with poor Wi-Fi or internet connectivity

### Closed-Circuit Video Monitors

- Allow you to see and hear your baby through a dedicated camera and monitor
- Typically have a range of up to a few hundred feet, depending on the model
- Often come with additional features, such as night vision or a temperature sensor
- Can be more expensive than audio-only monitors
- Provide added peace of mind and security

### Wi-Fi Video Monitors

- Connects to your home Wi-Fi network and allows you to monitor your baby from your phone or tablet
- Often comes with additional features, such as the ability to control the camera remotely or play lullabies
- Can have unlimited range, as long as you have an internet connection
- Can be more expensive than other types of monitors
- May be more susceptible to hacking or connectivity issues, especially if your home network is not secure or reliable



## mommy labor nurse picks:



### VTech DM111 Audio Baby Monitor (audio only)

- 1,000 ft range
- Rechargeable battery with 8 hours of portable use
- Plug and play set-up
- 5-level sound indicator
- Low battery and out of range alerts
- Very cost effective

[Shop Now](#)

### Anmeate Video Baby Monitor with Digital Camera (closed circuit video and audio)

- 2x zoom magnification
- High def night vision
- Temperature monitoring and 2-way audio
- Long transmission range (960 ft)
- 4 soothing lullaby songs
- Battery lasts 8 hours in eco-mode

[Shop Now](#)



### Infant Optics DXR-8 Video Baby Monitor (closed circuit video and audio)

- Night vision
- Portable with interchangeable lens
- Sound triggered recording
- Temperature sensor and 2-way audio
- Battery life: 6 hours with screen on, 10 hours in power-saving mode
- Range up to 700 ft

[Shop Now](#)



### Nanit Pro Smart Baby Monitor and Floor Stand (Wi-Fi video and audio)

- Only smart monitor with split screen feature
- Provides insights and data via an exclusive app
- Wi-Fi HD video camera
- Nightlight and night vision
- 2-way audio
- Sound and motion alerts
- Also tracks baby's sleep patterns with included breathing band

[Shop Now](#)



## Sound Machine

A sound machine is a definite essential for your nursery! They help baby stay asleep longer during the night and are also great for drowning out outside noise.

With features like timers, night lights, and even Bluetooth connectivity, there's a sound machine out there that will fit your needs and help your baby get the restful sleep they need.

### mommy labor nurse picks:



#### Homedics SoundSleep White Noise Sound Machine

- 6 digitally recorded relaxing sounds
- Compact and portable
- Can play continuously or set a 15, 30, or 60 minute timer

[Shop Now](#)

#### Yogasleep Hushh Portable White Noise Sound Machine for Baby

- 3 soothing sounds
- Night light
- Super compact and portable
- Comes with baby-safe clip to attach to stroller, car seat, or crib
- Battery life 6+ hours on single charge

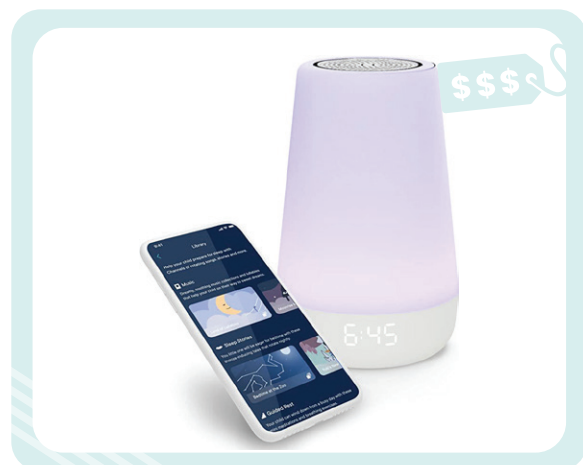
[Shop Now](#)



#### Hatch Rest Baby Sound Machine and Night Light

- Wi-Fi enabled
- Dimmable clock
- 6+ soothing sounds
- Grows with your baby
- Infinite color hues
- Control via app from anywhere

[Shop Now](#)



## Sleep Sacks

Sleep sacks are a great alternative to blankets and a safe way to keep your baby warm and cozy during the night. Safe sleep guidelines state that no loose blankets should be in baby's crib for the first year.

Sleep sacks come in different sizes and styles, and many are made with soft, breathable materials that can help regulate your baby's body temperature. Plus, they can prevent your little one from kicking off their blankets and waking up cold.

### mommy labor nurse picks:



#### KeaBabies Newborn Swaddle Sack

- Organic cotton
- Ergonomic support for healthy hip development
- Breathable and temperature regulating
- 2-way stretch knit makes it extra durable, machine washable, and lasting

[Shop Now](#)

#### Halo Sleepsack

- The original wearable blanket
- 3-way swaddle ensures your baby's best sleep and an easy transition when it's time to stop swaddling
- Inverted zipper opens from the bottom for easy diaper changes

[Shop Now](#)



#### Kyte Baby Sleeping Bag

- Exterior bamboo rayon
- Filling is 100% polyester
- J-shaped double zipper
- Highly breathable
- 0-6 months

[Shop Now](#)

mommy  
labor nurse picks:



**MAIZMZ Large Waterproof Storage Bin**

- Canvas fabric
- Water-resistant
- Can be collapsed and easily folded for storage
- Several cute patterns

[Shop Now](#)

[Shop Hangers](#)

**LANGYASHAN Laundry Basket**

- Collapsible
- Exterior: polyester and canvas
- Interior: EVC lining
- Handles make it convenient for carrying
- Several cute children patterns

[Shop Now](#)

[Shop Hangers](#)



**Goodpick Cotton Rope Basket with Handles**

- Woven rope storage basket
- Can double as toy storage
- Handles make it easy to carry from room to room
- Folds for easy storage
- Machine washable

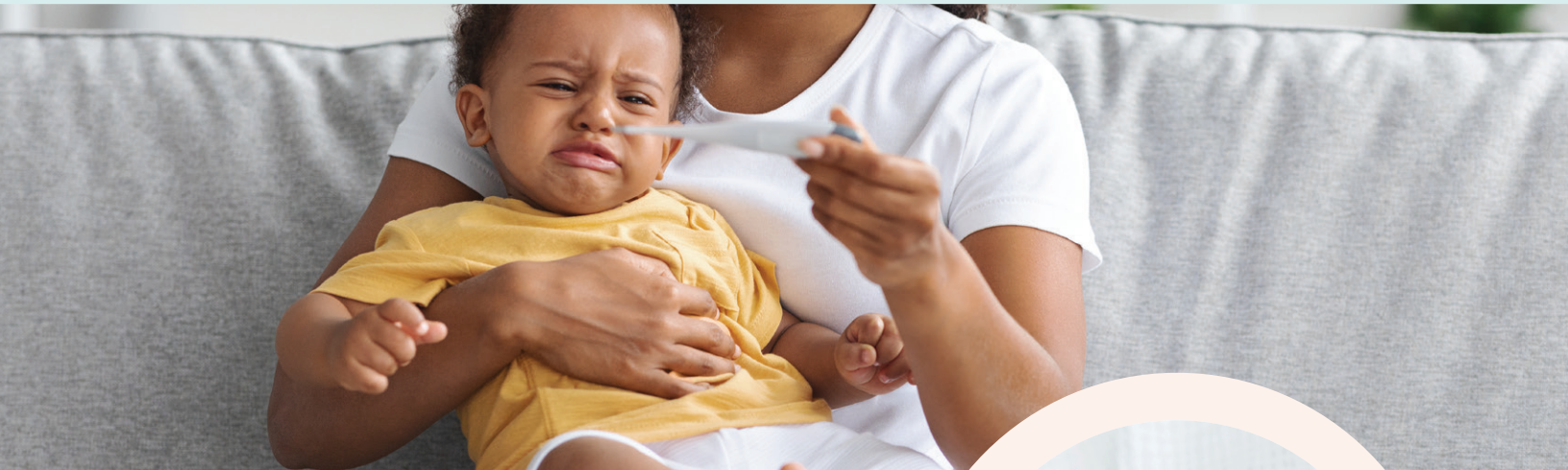
[Shop Now](#)

[Shop Hangers](#)



## Section 3:

# Health and Safety



When it comes to your baby's health and safety, there are some essential items you'll want to have on hand. From thermometers and baby proofing to first aid kits and grooming supplies, we'll help you navigate the world of baby health and safety products and select the best ones for your needs.

## Pacifiers

It's important to keep in mind that not all babies will take a pacifier, and even if they do, they may have a preference for a certain type or brand. In other words, you might have to try a few to find one that works!

Some babies may like a pacifier with a round nipple, while others may prefer a more orthodontic shape. For this reason, we recommend having a few different styles on hand to try!

Babylist actually offers a **Pacifier Box** for exactly this purpose! The box comes with seven top pacifiers, along with a popular pacifier clip, so you and your baby can try them out to see which one they prefer.

Don't be discouraged if your baby doesn't take to a pacifier right away - and don't give up after the first go!



## mommy labor nurse picks:



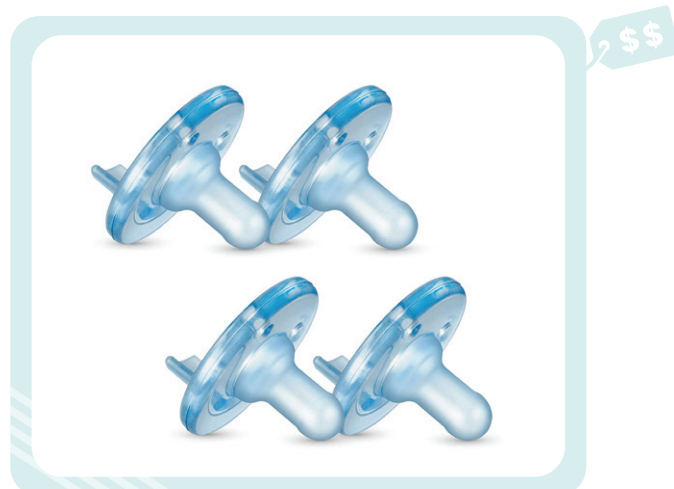
### MAM Night Pacifiers

- Includes self-sterilizing case
- Glow in the dark option to make it easy to find at nighttime
- Made for breastfed babies
- BPA-free silicone
- 0-6 months

[Shop Now](#)

### Philips Avent Soothie Pacifier

- Orthodontic design
- BPA-free and latex-free silicone
- Adheres to American Academy of Pediatrics guidelines
- 0-3 months

[Shop Now](#)


### BIBS Pacifiers

- Shield is made of polypropylene
- Nipple made of natural rubber latex
- Mimics shape and soft material of mom's breast
- Nipple has a vent hole

[Shop Now](#)

## mommy labor nurse picks:



### Frida Baby NailFrida SnipperClipper Set

- Safety "spy holes" to better visualize baby's nail when clipping
- Nickel-free design
- Curved clippers
- Comes with S-shaped baby nail file that's designed for smaller fingers

Shop Now

### Safety 1st Sleepy Baby Nail Clipper

- Built in light at tip of nail clipper
- Curved cutting edge
- Emory board and slot for emory board included

Shop Now



### Frida Baby Electric Nail Buffer

- Easy to use
- 4 interchangeable buffer pads for different ages
- LED task light to see better
- Comes with a case to keep it all organized
- Lifetime warranty

Shop Now

## mommy labor nurse picks:



### Comfort Axis Baby Nasal Aspirator

- Same as the bulb syringe you might get from the hospital
- Easy to use
- Hand wash only
- Can also work as ear wax syringe

[Shop Now](#)

### Frida Baby NoseFrida Snotsucker

- Highly effective
- Easy to clean
- Comes with disposable filters
- Dishwasher safe

[Shop Now](#)



### Frida Baby Electric NoseFrida

- 3 levels of electric-powered suction
- Distraction light for squirmy babies
- USB rechargeable
- 2 silicone nose tip sizes for newborn and toddler

[Shop Now](#)



## mommy labor nurse picks:



### Safety 1st 3-in-1 Nursery Thermometer

- Accurate reading in 30 seconds
- 3 ways to use (oral, rectal, underarm)
- Flexible tip for comfort

[Shop Now](#)

### OCCObaby Clinical Digital Baby Thermometer

- Large LCD waterproof screen
- Gentle flexible tip
- Includes storage case and battery
- Temperature can be in Fahrenheit and Celsius
- Results in 10 seconds

[Shop Now](#)



### Frida Baby Infrared Thermometer 3-in-1

- Results in 1 second
- Ear, forehead, and touchless option (for room and bottle temperature)
- Stores 40 previous temperature readings
- Comes with storage pouch

[Shop Now](#)



## mommy labor nurse picks:



### Baby Grooming and Infant Safety Care Set

- Compact and portable, comes with small carrying case
- Includes 18 items

Shop Now

### American Red Cross Health and Grooming Kit

- Comes in easy-to-view tote bag
- Includes 12 items
- Compact - easy to store in your car or take with you on the go

Shop Now



### Safety 1st Nursery Care Health and Grooming Kit

- Includes 30 items
- Spacious storage box to organize items
- Emergency information card and dosage tracking card included

Shop Now





## Tylenol and Ibuprofen

I highly recommend you always have some of both of these in stock at your house – you never know when you might need it and the last thing you want to be doing at 2 am is running to a drug store looking for it. Name brand or generic are both fine!

**Note:** Always talk to your provider before administering a fever reducer to babies under 3 months, and do not use ibuprofen until your baby is older than 6 months.

## Gripe Water

Gripe water is a gentle, all-natural solution that can help relieve colic, gas, and other digestive issues in infants. It's made with a combination of herbs and other ingredients that are known to soothe upset stomachs, and can be a lifesaver for new parents who are struggling to comfort a fussy baby.

Many parents find that gripe water is a safe, effective way to provide their little ones with relief from discomfort, and it's one of those things that's great to have on hand before you need it!



Little Remedies



Mommy's Bliss



Wellements



## Vitamin D Drops

Whether you're breastfeeding or formula feeding your baby, it's important to make sure they're getting enough vitamin D. Vitamin D helps their body absorb calcium and build strong bones, which is especially important during their first year of life.

If your baby is exclusively breastfed, they may not be getting enough vitamin D from breastmilk alone, so vitamin D drops are a must. But did you know that even if your baby is formula-fed, they may still need vitamin D supplementation if they're taking less than 32 ounces of formula per day?

Thankfully, vitamin D drops are an easy solution for ensuring your baby is getting enough of this important nutrient. They're simple to use and can provide the extra vitamin D your baby needs for healthy growth and development, regardless of their feeding method.



Wellements



Mommy's Bliss



Ddrops



## mommy labor nurse picks:



### Safety 1st 3 Piece Oral Kit

- Includes fingertip brush with case and toothbrush
- Roll proof toothbrush

[Shop Now](#)

### Frida Baby Baby's First Toothbrush

- Double side design to protect your finger if baby bites down
- Comes with carrying case
- Triple-angle silicone

[Shop Now](#)



### The Brushies Baby and Toddler Toothbrush and Storybook

- Silicone finger puppet toothbrush
- Makes brushing fun
- BPA-free, dishwasher safe silicone
- Can be used from 4 weeks to 4 years

[Shop Now](#)

mommy  
labor nurse picks:



**Safety 1st Filter Free Cool Mist Humidifier**

- Handle makes it easy to move from room to room
- Rotating mist cap for wide coverage
- Filter free and easy to clean
- Flat top makes for easy filling of tank

[Shop Now](#)

**LEVOIT Dual200S Smart Cool Mist Humidifier**

- BPA-free
- Suitable for infants and adults
- Can connect to app for remote access
- Automatic shutoff
- Multiple different mist levels

[Shop Now](#)



**Frida Baby 3-in-1 Humidifier with Diffuser and Nightlight**

- 12 hour run time
- BPA-free water tank
- Auto stop feature
- Color changing nightlight
- Can use all 3 together or separately

[Shop Now](#)





## Baby Proofing Essentials

Here are some of the most important baby proofing essentials:

**Carbon monoxide and smoke detectors if they aren't already in place:**



***X-Sense 10-year Battery Combination Smoke Carbon Monoxide Alarm Detector***

**Outlet covers:**

- ***Power Gear Plastic Outlet Covers***

**Cabinet locks (kitchen, bathroom, and bedrooms):**

- ***Skyla Homes Locks***
- ***Jetec 10 Pieces Cabinet Locks***
- ***Magnetic Cabinet Locks***

**Pads for table corners:**

- ***Corner Protector for Baby***
- ***Baby Proofing Edge Guard***

**Tub thermometer:**

- ***Duck Bathtub Thermometer***

**Knob covers for stove:**

- ***Safety 1st Child Proof Clear View Stove Knob Covers***

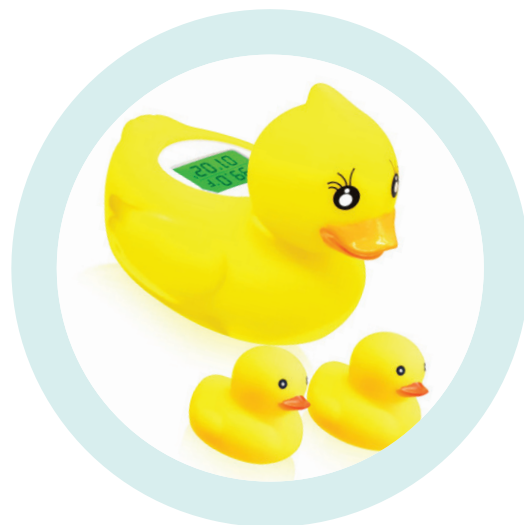
**Knob covers for doorknobs:**

- ***Safety 1st Parent Grip Door Knob Covers***

**Baby gates (see below)**

**Fireplace screen:**

- ***Configurable Baby Gate Fireplace Safety Fence***



## mommy labor nurse picks:



### Regalo Easy Fit Plastic Adjustable Extra Wide Baby Gate

- Expands to accommodate different size openings
- Soft rubber bumpers so it doesn't mark on walls
- Easy to move from place to place

Shop Now

### Regalo Easy Step Wide Walk Thru Baby Gate

- Metal
- Includes 6-inch wide adjustable extension kit
- Multiple safety-lock features
- Expands to fit a range of opening sizes

Shop Now



### Regalo Super Wide Adjustable Baby Gate and Play Yard

- Fits up to 130"
- Can convert from super-wide gate to 6-panel play yard
- Walk-through door with safety locking feature
- No tools required for setup

Shop Now





## Section 4:

# Diapering



Diapering is a big part of your baby's daily routine, and having the right supplies can make all the difference.

In this section, we'll walk you through all the essentials you'll need, including wipes, creams, diapers, changing pads, and more!



## mommy labor nurse picks:



### Phoebus Baby Travel Changing Pad

- For on-the-go diaper changes
- Easy to wipe clean
- Padded pillow for baby's head
- Folds up small enough to throw in a diaper bag

Shop Now

### Delta Children Foam Contoured Changing Pad

- Waterproof and hypoallergenic
- Easy to wipe clean
- Safety harness for baby
- Non-skid bottom so it stays in place

Shop Now



### Colgate Mattress 2-Sided Contour Changing Pad

- Firm foam ridges for support
- Safety strap included
- Can place on any flat surface to turn it into a changing station

Shop Now



## mommy labor nurse picks:



### Burt's Bees Baby Changing Pad Cover

- Jersey knit organic cotton
- Elastic with extra stretch for safer fit
- Machine washable

[Shop Now](#)

### Munchkin Waterproof Changing Pad Liners

- Liner has PVC free waterproof backing
- Machine washable
- Adds extra protection

[Shop Now](#)



### Mushie Extra Soft Muslin Fitted Changing Pad Cover

- Extra soft 100% muslin cotton
- Pre-washed for softness
- Comes with 2 holes to accommodate safety belts

[Shop Now](#)



# Diapers

When it comes to diapering your baby, there are a lot of options to consider. One of the biggest debates is whether to use cloth or disposable diapers. Each has its own set of pros and cons, and cost is often a major factor to consider.

While some parents swear by cloth diapers for their eco-friendliness and potential cost savings in the long run, the truth is that the vast majority of parents opt for disposable diapers for their convenience and ease of use.

Do keep in mind that your decision doesn't have to be 100% one or the other if you're feeling called to cloth diapers but not sure you want to do it 24/7. Many parents opt for a combination of both, using cloth diapers at home and disposable diapers when out and about or traveling.

Let's take a closer look at the pros and cons of each option to help you make the best choice for your family.

## Cloth

### Pros

- Environmentally friendly and produce less waste
- Can save money in the long run, especially if you plan to have multiple children or use them for an extended period of time
- Often made of natural materials, which can be better for sensitive skin
- Come in a variety of cute and colorful designs

### Cons

- Requires more frequent changing and washing, which can be time-consuming and inconvenient
- Requires an initial investment and ongoing cost for laundry and accessories
- May leak more easily than disposable diapers, especially if not fitted properly
- Can be bulky and limit the types of clothes that can be worn over them



## mommy labor nurse picks:



### Gerber Birdseye 3-Ply Prefold Cloth Diapers

- 100% cotton
- Lightweight fabric that's soft and quick drying

Shop Now

### ALVABABY Cloth Diapers

- Polyester with waterproof and breathable TPU
- Hip and cross over snaps (one size fits all)

Shop Now



### The Bee's Knees Cloth Pocket Diapers

- Waterproof cover
- Breathable suede cloth
- 4-layer bamboo polyester inserts

Shop Now



## Disposable

### Pros

- Convenient and easy to use, with no washing required
- Often more absorbent than cloth diapers, leading to less frequent changes
- Come in a wide range of sizes, making it easy to find the right fit for your baby
- Can be more affordable upfront, especially if you use coupons or buy in bulk

### Cons

- Can be expensive over time, especially if your baby needs frequent changes or you use them for an extended period of time
- Produces more waste and has a negative impact on the environment
- May cause skin irritation or allergies in some babies due to chemicals used in manufacturing

## mommy labor nurse picks:



### Mama Bear Gentle Touch

- Hypoallergenic and dermatologist tested
- Free from chlorine bleaching, perfumes, lotions, parabens, and phthalates
- Breathable outer cover

[Shop Now](#)

### Pampers Swaddlers

- 100% leakproof protection
- Wrap and protect leg barriers
- Wrap and protect waistband

[Shop Now](#)



### Honest Co.

- Advanced leak-proof protection
- Less bulky but more sustainable (helps save over 7,000 trees a year)
- Free of latex, fragrances, parabens
- Cruelty-free, never tested on animals

[Shop Now](#)



## mommy labor nurse picks:



### Amazon Elements Baby Wipes

- Free from: Fragrances, alcohol, bronopol, dyes, parabens, and phthalates
- Pediatrician tested

[Shop Now](#)

### Pampers Aqua Pure Sensitive Wipes

- Made with 99% pure water
- Free of alcohols, dyes, parabens, fragrances
- Can be used on bottoms, hands, and faces

[Shop Now](#)



### Water Wipes

- Fragrance free, plastic-free
- Plant-based wipes
- For sensitive skin
- Made with 99.9% purified water

[Shop Now](#)





## mommy labor nurse picks:



### Ubbi Baby Wipe Dispenser

- Weight plate to ensure wipes are dispensed one at a time
- Rubber seals and rubber feet keeps wipes fresh and moist
- Clear window to see how many wipes are left
- One handed use

Shop Now

### OXO Tot Perfect Pull Wipe Dispenser

- Can be used with one hand
- Non-slip feet to keep it in place
- Clear indicator window in front
- Silicone gasket in lid to keeps wipes moist and fresh
- Easy-to-clean plastic construction

Shop Now



### Hiccapop Baby Wipe Warmer and Dispenser

- Silicone seal to lock in moisture and heat
- Built in changing night light (with 10 minute auto shut-off)
- Holds all wipe brands
- Large refill window so you know exactly how many wipes are left

Shop Now

## mommy labor nurse picks:



### Balmex Complete Protection Daily Diaper Cream

- 11% zinc oxide
- Easy to apply and remove
- Neutralizes rash-causing irritants
- Infused with proven botanicals like evening primrose and vitamin E

Shop Now

### Desitin Maximum Strength Diaper Rash Cream

- 40% zinc oxide
- Hypoallergenic
- Free of parabens, phthalates, dyes, and soaps
- Dermatologist- and pediatrician-tested, and is gentle enough for daily use
- Provides 5-in-1 action to treat, heal, protect, soothe, and prevent diaper rash

Shop Now



### Triple Paste Diaper Rash Cream

- Hypoallergenic
- Free from fragrance, alcohol, talc, dyes, parabens, phthalates, and preservatives
- All-in-one triple action formula that treats mild to severe rashes

Shop Now



## mommy labor nurse picks:



### Dekor Mini Hands-Free Diaper Pail

- Triple odor control
- Closed-cell ABS plastic
- Converts to a trash can after use as a diaper pail

Shop Now

### Diaper Genie

- 6 gallon capacity
- Hands-free
- Seals in smells with Double Air-Tite clamps and a deodorizing carbon filter
- Refill bags feature a built-in antimicrobial to lock-in dirty diaper odor, prevent germ transmission, and inhibit bacterial growth on the film

Shop Now



### Ubbi Steel Odor Locking Diaper Pail

- 13 gallon capacity
- No special bags required
- Steel locks in odor
- Childproof lock

Shop Now



## Section 5:

# Bathing



Bath time is an important bonding experience for parents and babies. In this section, we'll guide you through the essential bath time products you'll need to keep your baby clean, comfortable, and safe.

From baby bathtubs and washcloths to shampoo and lotion, we've got everything you need to make bath time a breeze.





mommy  
labor nurse picks:



**The First Years Sure Comfort  
Deluxe Newborn to Toddler Tub**

- 3 stages of transition from newborn to toddler
- Comes with comfortable mesh sling
- Mesh sling is machine washable and dryable
- Anti-slip pads are mildew-resistant

[Shop Now](#)

**Blooming Bath Lotus Pad**

- Fits in sink, prevents need to bend over to bathe baby
- Conforms to most sinks to cradle and protect baby
- Designed for newborns up to 6 months
- Washer and dryer safe

[Shop Now](#)



**Frida Baby 4-in-1 Grow-With-Me Bath Tub**

- 1 tub with 4 different positions
- Can be used from newborn to toddler
- Smart sling seat bar keeps baby in one place
- Easy release drain plugs, drying hook, and no-slip feet

[Shop Now](#)

## mommy labor nurse picks:



### Johnson's Head-To-Toe Gentle Body Wash and Shampoo

- Free of parabens, phthalates, sulfates, dyes, and harsh fragrances
- Pediatrician-tested and pH-balanced gentle cleanser to maintain baby's natural skin moisture barrier
- As gentle to your baby's eyes as pure water
- Washes away 99.9% of germs and is perfect for baby's sensitive skin and hair

[Shop Now](#)

### Aveeno Baby Body Wash and Shampoo

- Natural oat extract (known to soothe and nourish delicate skin)
- Tear-free, soap-free, hypoallergenic, paraben-free, sulfate-free
- Light, fresh fragrance

[Shop Now](#)


### The Honest Company 2-in-1 Cleansing Shampoo + Body Wash

- Free of phthalates, parabens, dyes, synthetic fragrances, and formaldehyde donors
- No synthetic fragrances
- Tear-free
- Not tested on animals

[Shop Now](#)


## mommy labor nurse picks:



### Orighty Baby Washcloths

- Microfiber
- Absorbent and quick drying
- Maintains softness even after multiple washes

Shop Now

### Burt's Bees Baby Washcloths

- 100% organic breathable cotton
- Smooth on one side, loop on the other

Shop Now



### Nightingale Muslin Bamboo Baby Washcloths

- Soft, muslin bamboo
- Ultra absorbent, quick dry
- Hypoallergenic, no chemicals

Shop Now



## mommy labor nurse picks:



### HIPHOP PANDA Bamboo Hooded Baby Towel

- 100% rayon made from bamboo
- Extra thick design to keep baby warm
- Ultra absorbent
- Cute animal designs

[Shop Now](#)

### Hudson Baby Unisex Animal Face Hooded Towel

- 100% woven terry cotton
- Detailed animal face on hood
- 20+ animals to choose from!

[Shop Now](#)



### Burt's Bees Baby Hooded Towel

- 100% organic cotton
- Smooth on one side, loop on the other
- Combed and ring-spun for durability, softness, and no-pill washing

[Shop Now](#)





mommy  
labor nurse picks:



**Safety 1st Easy Grip Brush and Comb**

- Chunky handle makes them easy to hold
- Extra-soft bristles on brush
- Dual density teeth on comb

[Shop Now](#)

**Frida Baby Infant Head-Hugging Hairbrush + Styling Comb**

- Flexible design contours to baby's head
- Soft-bristles
- No slip grip
- Comes with snap-in storage case

[Shop Now](#)



**Haakaa Baby Hair Brush and Comb Set**

- Brush made of goat wool and wood
- Comb made of wood with smooth comb tooth design
- 100% natural materials
- Bristles can be washed with shampoo and conditioner

[Shop Now](#)



## mommy labor nurse picks:



### Munchkin Float and Play Bubbles Bath Toy

- Textured rings around plastic bubbles
- Helps stimulate baby's sense of sight, hearing, and touch
- 4+ months

Shop Now

### Munchkin Baby's First Bath Gift Set

- Includes 3 bath toys - white hot bath safety duck, scuba swimming toy, little boat train
- Comes in ready-to-gift packaging, making it a perfect baby shower gift

Shop Now



### BabyBibi Floating Baby Bath Books

- 4 books included
- Non-toxic, BPA-free materials
- Books contain squeaking noise-maker for additional fun

Shop Now

## mommy labor nurse picks:



### Johnson's Skin Nourish Moisturizing Baby Lotion

- Hypoallergenic and dye-free
- Made with aloe and vitamin E
- Lightweight texture and non-greasy feel

[Shop Now](#)

### Aveeno Baby Daily Moisturizing Lotion

- Hypoallergenic, fragrance, and paraben-free
- Made with a natural colloidal oatmeal and dimethicone skin protectant
- Non-greasy
- Moisturizes for a full 24 hours

[Shop Now](#)



### Mustela Hydra Bebe Body Lotion

- 97% natural ingredients
- Immediate and lasting hydration and relief
- Non-greasy formula
- Hypoallergenic
- Dermatologist tested

[Shop Now](#)



## Section 6:

# Feeding



Whether you plan to breastfeed, bottle-feed, or a combination of both, this section will provide you with all the information you need to select the right feeding supplies for your baby.

We'll cover everything from bottles and nipples to bibs and burp cloths, and help you make informed decisions about what works best for your family.





## mommy labor nurse picks:



### Dr. Brown's

- Anti-colic internal vent system
- Silicone nipples provide consistent flow to allow baby to feed at their own pace
- Breast-like nipple shape
- Anti-colic vent system can be removed as baby's feeding develops

[Shop Now](#)

### Phillips Avent

- Vented bottle
- Natural response nipple to mimic breastfeeding
- Soft, flexible, breast-shaped nipple to make combo breast and bottle feeding easier

[Shop Now](#)



### Comotomo

- Designed to mimic breastfeeding
- Wide mound with breast-like design to make latching easier and more natural
- Wide neck design makes it easier to clean
- Anti-colic vents (non-leaking)

[Shop Now](#)





## Nipples

When you purchase bottles for your baby, they should come with nipples too. However, some new mamas may not know that nipples actually come in different sizes. Don't worry though, most brands have nipple sizes ranging from 0 to 3 and this correlates to how large the opening is for milk flow rates.

Typically, a newborn will start with a size 0 and then the size will be increased as baby gets older. It's important to note that all babies transition to bigger nipple sizes at different rates, and some may not even make it to a size 3.

My recommendation would be to make sure you have some size 0 and size 1 nipples for when you first bring baby home, and then you can get larger sizes at a later time if and when it's needed.

mommy  
labor nurse picks:



**Dr. Brown's**

- Anti-colic vent system
- BPA-free
- Vacuum-free feeding to mimic breastfeeding
- 100% silicone

[Shop Now](#)

**Phillips Avent**

- Anti-colic valve
- BPA-free
- Unique comfort petals inside nipple increase flexibility and stretch to prevent nipple collapse

[Shop Now](#)



**Comotomo**

- 100% silicone
- Ideal for breastfed babies to eliminate nipple confusion
- Dual anti-colic vents

[Shop Now](#)







## Formula

As you create your baby registry or stock up on supplies, you may want to consider adding a small amount of formula even if you're planning to breastfeed! This is just in case breastfeeding doesn't go as planned or if you know you want to supplement with formula.

However, it's important to note that you may not want to get too much formula in advance, as you won't know if it will agree with your baby until they try it. Choosing a formula can sometimes be a process of trial and error, as every baby is different.

Starting with a small amount and gradually figuring out what works best for your little one is a good approach.

Check out these resources for more information and support with your decision:

- 🌿 [\*\*Organic vs Non Organic Formula: What Is Best For My Baby?\*\*](#)
- [\*\*Supplementing with Formula: The Guide Every Mama is Looking For\*\*](#)
- [\*\*MLN Podcast EP62: Formula Can Be Your Friend with The Formula Mom\*\*](#)





- Contains nutrients like those found in breast milk, such as DHA (omega-3), lutein, and vitamin E
- No artificial growth hormones
- Contains 27 vitamins and minerals to support baby nutrition for healthy growth

**Shop Now**

## Earth's Best

- Easy to digest organic formula
- Easy to prepare
- 21 oz container

**Shop Now**



- Sourced from organic valley farms
- Rich in omega-3 fatty acids
- Each batch goes through 2,000 quality tests to ensure it meets all safety requirements
- Recipe is backed by clinical evidence
- 14.1 oz container

**Shop Now**



mommy  
labor nurse picks:



**Munchkin Steam Microwave Bottle Sterilizer**

- Lightweight and compact
- Heat-resistant handles
- Holds up to 4 bottles and 2 breast pump shields at once
- Works in all standard microwaves

[Shop Now](#)

**Dr. Brown's Deluxe Electric Baby Bottle Sterilizer**

- Sterilize up to 6 bottles at once
- Easy touch electronic controls
- Auto shut-off when cycle is complete
- Built-in accessory tray
- Includes measuring cup and tongs

[Shop Now](#)



**Baby Brezza Bottle Sterilizer**

- Automatically sterilizes and dries bottles, breast pump parts, pacifiers, teething rings, sippy cups, and toys
- Uses natural steam
- Large capacity
- 4-in-1 functionality
- Items stay sterilized for up to 24 hours when left in unopened sterilizer

[Shop Now](#)



## mommy labor nurse picks:



### Dr. Brown's Insta-Feed Baby Bottle Warmer and Sterilizer

- Warms bottles in as little as 80 seconds
- Compact size
- Fits Dr. Brown bottles and most other bottle brands

[Shop Now](#)

### Philips Avent Fast Baby Bottle Warmer

- Warms milk in 3 minutes
- Heats evenly to avoid hot spots
- Progress indicator light
- Works with all Phillips Avent bottles and most other bottle brands
- Automatic shut-off

[Shop Now](#)



### Baby Brezza Safe and Smart Electric Baby Bottle Warmer

- Bluetooth
- 2 heat settings to evenly and quickly warm milk
- Works with all bottle brands
- Auto shut-off

[Shop Now](#)



## mommy labor nurse picks:



Nursing

Bottle Feeding

### Momcozy Nursing Pillow

- Adjustable, removable cover
- Large size for all around support
- Adjustable waist strap to fit most sizes
- Can accompany growing baby

[Shop Now](#)

### Boppy Nursing Support Pillow

- Lifts baby into a more ergonomic position for feeding
- Works for multiple feeding styles
- Removable and machine washable cover

[Shop Now](#)



### My Best Friend Deluxe Nursing Pillow

- Semicircular shape
- Features enhanced posture support
- Plush, extra soft cover with a pocket
- Cover can be removed and washed

[Shop Now](#)



## mommy labor nurse picks:



### Munchkin Sponge Bottle Brush

- BPA-free
- Durable nylon bristles, scratch free
- Soft rubber nipple brush included
- Dishwasher safe (top rack)

[Shop Now](#)

### Dr. Brown's Reusable Sponge Baby Bottle Brush Set

- Combo of bristles and sponge for thorough cleaning
- No slip handle
- Built in ridge to make cleaning nipples easier
- Suction cup base for storage

[Shop Now](#)



### Haakaa Silicone Cleaning Brush

- Made of premium quality silicone
- 360 degree bristles
- Comes with 1 larger brush and 2 smaller ones for more narrow openings

[Shop Now](#)

## mommy labor nurse picks:



### Munchkin Fold Baby Bottle Countertop Drying Rack

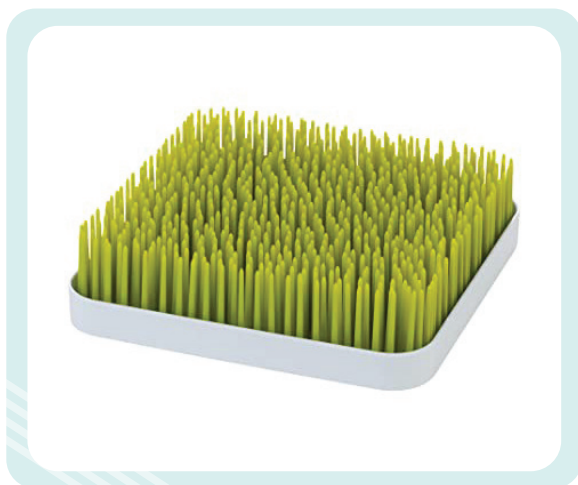
- Reservoir collects excess water to keep countertops dry
- Pegs fold flat for easy storage
- Dishwasher safe (top rack)
- Ideal for bottles, nipples, cups, and pump parts

[Shop Now](#)

### Munchkin High Capacity Drying Rack for Baby Bottles

- Holds up to 16 bottles
- Multi-level design with height adjustment to accommodate multiple size bottles
- Pegs fold up and down for easy setup
- Spinning tray offers 360 degree access

[Shop Now](#)



### Boon Grass Countertop Baby Bottle Drying Rack

- BPA-free
- PVC-free
- Hand-wash only
- Add accessories for making nipple and bottle drying easier

[Shop Now](#)

mommy  
labor nurse picks:



**Munchkin High Capacity Dishwasher Basket**

- Extra large basket to accommodate standard and wide mouth bottles
- Includes straw rack plus special area for holding and cleaning pacifiers
- Use in top rack of dishwasher only

[Shop Now](#)

**OXO Tot Dishwasher Basket**

- BPA-free
- Flip down straw holders included
- Symmetrical door opening to allow basket to sit securely on counter when loading and unloading

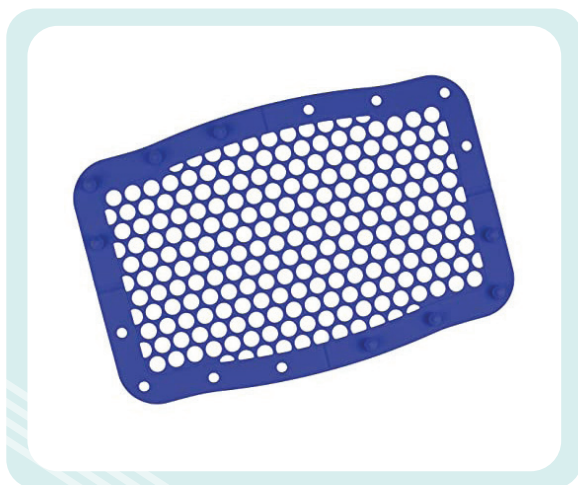
[Shop Now](#)



**Dr. Brown's Silicone Baby Bottle and Pacifier Dishwasher Bag**

- Fill, fasten the snaps, and place in the top rack of the dishwasher
- 100% silicone
- Folds vertically and horizontally to accommodate awkward shaped items

[Shop Now](#)



## mommy labor nurse picks:



### Neat Solutions 10-Pack Water Resistant Bib Set

- Hook and loop closure
- Hand wash only
- Water resistant feeder
- Lined to provide moisture and liquid resistance

[Shop Now](#)

### KeaBabies 8-Pack Organic Baby Bibs

- Snap close
- Lots of colors and patterns
- 100% organic cotton
- 3 adjustable sizes

[Shop Now](#)



### AVA + OLIVER Silicone Bib Set

- Pocket to catch food and drink
- Adjustable closure to accommodate different ages
- Can easily be rolled up and stored for travel
- BPA-free

[Shop Now](#)





mommy  
labor nurse picks:



**Gerber Burp Cloths**

- 100% cotton
- Finished edges to prevent fraying
- Prefolded panels

[Shop Now](#)

**Comfy Cubs Muslin Burp Cloths**

- 100% muslin cotton
- Lightweight and breathable
- 6 layers of thickness
- Ample coverage for baby clothing and mama's shoulder
- Machine washable

[Shop Now](#)



**KeaBabies Muslin Burp Cloths**

- 30% organic cotton, 70% bamboo
- 8 layers of ultra absorbent bamboo cotton
- Buttery soft

[Shop Now](#)

mommy  
labor nurse picks:



**Cosco Simple Fold Full Size High Chair**

- Easy compact fold to make it portable
- 3 position adjustable tray
- Folds flat
- Sets up in seconds

[Shop Now](#)

**Graco DuoDiner DLX 6 in 1 High Chair**

- 6 different growing stages
- 3 recline positions
- Converts to dining booster seat, youth stool, and more

[Shop Now](#)



**Tripp Trapp High Chair**

- Can be used for 3-36 months
- Made of wood
- Allows freedom of movement as your child grows
- Sleek design

[Shop Now](#)

mommy  
labor nurse picks:



**Munchkin White Hot Safety Spoons**

- Spoon tip turns white when food is too hot
- Soft tip is gentle on gums
- BPA-free
- Long handle for easier feeding
- Dishwasher safe (top rack)

[Shop Now](#)

**Munchkin Soft Tip Infant Spoons**

- Ergonomically designed for comfortable hold
- Gentle on baby's gums
- BPA-free
- Top rack dishwasher safe

[Shop Now](#)



**NumNum Baby Spoons**

- High quality silicone
- BPA-free
- Thick, contoured handle to make it easy to hold
- Also acts as a teether for sore gums
- Baby-led weaning spoon

[Shop Now](#)



## mommy labor nurse picks:



### Munchkin Stay Put Suction Bowls

- 3 different sized suction bowls
- Quick release tabs
- BPA-free
- Microwave and dishwasher safe

Shop Now

### Munchkin Multi Baby and Toddler Bowls

- Colorful, stackable bowls
- Deep bowls with high sides
- Dishwasher safe (top rack)
- Microwave safe
- BPA-free

Shop Now



### Hi Baby Monment Baby Bowl with Lid

- 1 bamboo bowl with suction
- 1 matching bamboo spoon
- Hand wash
- Not microwave safe

Shop Now



mommy  
labor nurse picks:



**MAM Plastic Trainer Cup**

- Easy transition from bottle to sippy cup
- Spill-free nipple
- Wide opening at the top for easy cleaning
- Non-slip handles
- 4+ months

[Shop Now](#)

**Munchkin Miracle 360 Trainer Cup**

- 7 oz cup
- 360 degree drinking edge to eliminate spills
- Automatically seals when finished drinking
- Easy to clean with no extra valves or parts
- Dishwasher safe (top rack)
- 6+ months

[Shop Now](#)



**KIDSCO. Silicone Sippy Cup**

- Microwave safe
- BPA, lead, and phthalate free
- Won't break or crack
- Non-spill cup
- One-piece lid is easy to clean
- Silicone is gentle on baby's gums

[Shop Now](#)

## mommy labor nurse picks:



### Baby Einstein Teether Rattle

- Teether ring
- Easy to hold
- Freeze for added relief
- Small, easy to throw in diaper bag

[Shop Now](#)

### Sperric Baby Teething Toys

- BPA-free
- Soft and flexible
- Cute attractive designs and colors
- Can be frozen
- 30-day replacement or refund

[Shop Now](#)



### Sophie the Giraffe

- BPA, phthalate, latex, and lead free
- Made of 100% natural rubber
- Numerous chewable parts (ears, horns, legs)

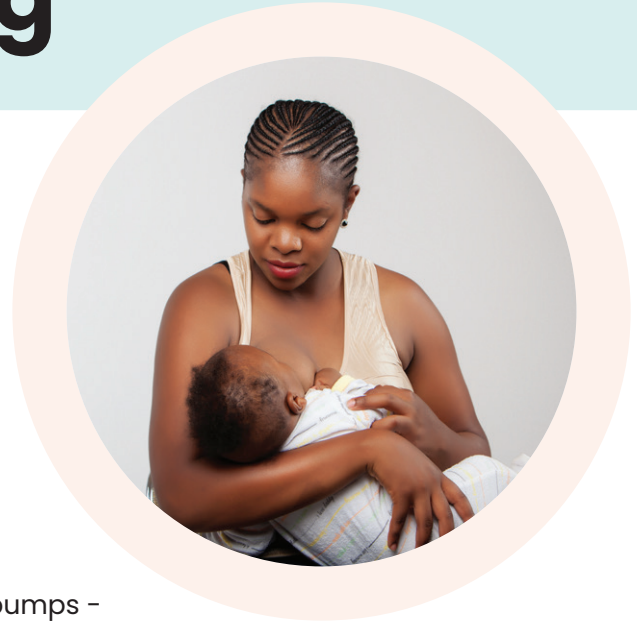
[Shop Now](#)



## Section 7:

# Breastfeeding

For moms who plan to breastfeed, this section will provide you with all the essentials you need to make the experience as comfortable and stress-free as possible. From nursing bras and breast pumps to nipple cream and nursing pads, we've got you covered with our top picks for every budget.



## Breast Pumps

We are going to start off this section with breast pumps – because I know that this process can be overwhelming! And whether you plan on exclusively breastfeeding, pumping, or you're not really sure what you're going to do – a breast pump is a must-have item for many new moms.

Did you know that thanks to the Affordable Care Act, insurance providers are required to cover breastfeeding support, counseling, and equipment? This means that you have coverage for one breast pump per pregnancy (up to one year postpartum).

One great resource for obtaining a breast pump is [Aeroflow Breastpumps](#). They make it easy for you to get your pump by handling the insurance process for you!

In some cases, your insurance plan may only cover the most basic pumps, but you can pay the difference for upgrades. In this section, you'll learn about different types of pumps and look at the pros and cons so you can choose the one that works best for you and your lifestyle.

## Manual Pumps aka Hand Pumps

Hand pumps are a type of manual breast pump that are operated by hand, usually with a pumping motion. They are generally smaller and more portable than electric breast pumps, making them a great option for on-the-go pumping or occasional use.



However, they can be more time-consuming and tiring to use than electric pumps, and may not be as effective at emptying the breast. Some mamas find hand pumps to be a more affordable option, and others simply prefer the control and comfort that they offer. I think it's always a good idea to have a manual pump on hand as a backup, even if you plan to primarily use an electric pump.

**Tip:** Because manual pumps are usually far less expensive than electric ones, use your insurance for an electric pump and purchase a manual pump out of pocket.

### Pros

- **Affordable:** Manual breast pumps are typically less expensive than electric pumps, which makes them a budget-friendly option
- **Portable:** Since they don't require electricity or batteries, manual pumps are very portable and can be used anywhere
- **Quiet:** Unlike electric pumps, manual pumps don't make any noise, which can be beneficial for moms who don't want to disturb others while pumping
- **Easy to clean:** Manual pumps usually have fewer parts and are easier to clean than electric pumps
- **Control:** With manual pumps, moms have more control over the suction and pumping speed, which can be helpful for comfort and milk production

### Cons

- **Tiring:** Using a manual pump requires hand and arm strength, which can be tiring, especially if you need to pump frequently
- **Time-consuming:** Manual pumping is usually slower than electric pumping, which means it may take more time to empty the breast
- **Limited suction:** Manual pumps typically have limited suction power, which may not be effective for moms with low milk supply or have difficulty emptying their breasts
- **Not hands-free:** Unlike electric pumps, manual pumps require holding the pump with one hand and manually pumping with the other, which can be inconvenient
- **May not be covered by insurance:** While some insurance plans cover manual pumps, many only cover electric pumps



## mommy labor nurse picks:



### Lansinoh Manual Breast Pump

- 2 size flanges included
- Flanges have flexible, soft rims for ideal suction and fit
- Fewer parts, making it easy to assemble and clean
- Ergonomic handle

[Shop Now](#)

### Medela Manual Breast Pump

- Oval shape, soft rim for a better fit and comfort
- Light and discreet
- Easy to use

[Shop Now](#)



### Philips Avent Manual Pump

- Soft silicone cushion adapts to size and shape of breast
- Compact, lightweight, portable

[Shop Now](#)



## Haakaa

Just go ahead and add one of these to your Amazon cart ASAP. You won't regret it, I promise! The Haakaa is another form of a manual breast pump but it doesn't require you to do anything other than attach it to your breast.

You simply squeeze the pump, attach it to your breast, and let it collect your milk.

**Learn more about the Haakaa here: [The Haakaa Pump: Every Breastfeeding Mama's Best Friend](#)**

### Haakaa Manual Breast Pump with Base and Cap

- Uses natural suction
- Easily cleaned by boiling in water for 2-3 minutes after use
- Lightweight, portable, easy to use
- While breastfeeding on one side, attach the Haakaa to the other breast to catch any letdown



[Shop Now](#)

## Electric Breast Pumps

Electric breast pumps are a popular option for moms who plan on pumping regularly. These pumps come in both single and double options, and can be more efficient than manual pumps.

With electric pumps, you can adjust the speed and suction level to find what works best for you. Many electric pumps also have the ability to pump both breasts at once, which can save you a lot of time.

However, electric pumps can be pricey and require an outlet or battery power to function. They also tend to be a bit louder and less portable than manual pumps. Overall, electric pumps are a great choice for moms who plan to pump frequently or exclusively.

### Pros

- **Faster and more efficient:** Electric breast pumps are usually more efficient than manual pumps, allowing you to pump more milk in less time
- **Adjustable suction strength and speed:** Most electric pumps allow you to adjust the suction strength and speed to find the most comfortable and effective pumping setting for you
- **Hands-free pumping:** Some electric pumps come with a pumping bra or can be used with a pumping bra, allowing you to pump hands-free
- **Multiple pump settings:** Many electric pumps have multiple settings for letdown and expression modes, which can simulate a baby's natural feeding pattern and result in more milk output
- **More comfortable:** Many women find electric pumps to be more comfortable to use than manual pumps, especially if they need to pump frequently



## Cons

- **More expensive:** Electric breast pumps can be more expensive than manual pumps, especially if you're looking for a high-quality model with multiple features and accessories
- **Heavy and bulky:** Electric pumps are usually heavier and bulkier than manual pumps, which can make them less convenient for travel or on-the-go pumping
- **Requires electricity or batteries:** You need access to an electrical outlet or fresh batteries to power an electric pump, which can be inconvenient if you need to pump on-the-go or in a place without power
- **Loud:** Electric pumps can be noisy, which can make it difficult to pump discreetly or in a quiet setting
- **Requires some assembly and cleaning:** Electric pumps have more parts than manual pumps, which means they require some assembly and cleaning after each use

## Single Electric Pumps

With a single electric pump, you can only pump one breast at a time – but know that most women opt for a double electric pump.

Times you might use a single pump over a double:

- To help work a clogged duct out of one breast
- If you are nursing on one side and want to pump the other side

Here I'll rank three pumps based on price, but remember that your insurance should cover several different pump options for you for free so the price might be irrelevant.

## mommy labor nurse picks:



### Tommee Tippee Single Electric Pump

- Significantly quieter than other leading breast pumps
- USB rechargeable
- Soft, cushioned silicone cup
- 5 massage and 9 express settings to stimulate milk flow
- 60 minute battery life

Shop Now

### Momcozy Hands-Free Single Pump

- Small and discreet, fits right inside your bra
- 3 modes that naturally mimic your baby's feeding
- Smart display that lets you keep track of pumping time and battery level
- 140 minute battery life

Shop Now



### Philips Avent Single Electric Pump

- Soft silicone cushion
- 8 stimulation and 16 expression levels
- Easy to read pump display
- Few parts makes set up and cleaning easier

Shop Now





## Double Electric Breast Pumps

A double pump allows you to pump both breasts at one time. This is the most common type of pump that moms get and the type I advise you to get through your insurance!

Here I'll rank 3 pumps based on price but remember that your insurance should cover several different pump options for free so the price might be irrelevant.

### mommy labor nurse picks:



#### Medela Pump in Style

- Comfortable oval shaped breast shields
- Automatic letdown and massage mode cycles
- Single and double pump options
- Weighs just over 1 lb - more portable than other electric pumps

[Shop Now](#)

#### Motif Luna

- One of my personal favorites
- Easily adjust suction level and cycles for maximum comfort and effective pumping
- Effortlessly switch from massage to expression mode with the push of a button
- Rechargeable battery that lasts 2+ hours
- Founded by a team of professionals in the medical industry

[Shop Now](#)



#### Spectra S1

- Can be used as a single or double pump
- Rechargeable battery
- Built in night light
- 3 hour battery life

[Shop Now](#)





## Hands-Free Breast Pumps

Hands-free breast pumps are a game-changer for breastfeeding moms who want the freedom to multitask while pumping. These pumps allow you to pump milk without holding the pump in place or being connected to a wall!

This means you can read a book, work on your computer, or even prepare a meal while pumping. Most models have bluetooth pairing to an app on your phone for controlling the pump and tracking purposes.

While they are generally more expensive than traditional pumps, the convenience they offer can be well worth the investment for busy moms.

## mommy labor nurse picks:



### BabyBuddha Battery Powered Breast Pump (use code **LIESEL10** to save 10%)

- Conveniently small, can hang around your neck with included lanyard
- Extra-quiet for discreet pumping
- Soft cushion flange

[Shop Now](#)

### Elvie Stride Breast Pump

- Hospital grade motor
- Lightweight, compact, discreet
- Connects with app
- 10 intensity settings

[Shop Now](#)



### Willow Go Wearable Breast Pump (use code **MLNGo** to save \$25)

- Cord-free, hands-free
- Hospital grade suction
- Quiet and discreet
- Connect with Willow app
- Full battery lasts up to 3 pumping sessions

[Shop Now](#)





## mommy labor nurse picks:



### Motif Medical Milk Storage Bags

- Easy-pour spout to minimize spills
- Lay flat for compact freezer storage or self standing
- Leak proof, double zip lock
- Stores 8 oz

[Shop Now](#)

### Medela Breast Milk Storage Bags

- Hygienically pre-sealed
- Double zipper protection to prevent leaking
- Self-standing bags
- Designed to lay flat for space-saving storage
- Stores 6 oz

[Shop Now](#)



### Nuliie Silicone Breast Milk Storage Bags

- 2 seals to prevent leaks
- Food-grade silicone, BPA-free
- Portable, heatable, freezable
- Each bag holds 8 oz
- Dishwasher safe

[Shop Now](#)







## Nursing Bras

Nursing bras are a must-have for breastfeeding mamas! These bras are specifically designed with breastfeeding in mind, so they have easy-to-open flaps or clips that allow for quick and discreet nursing access.

Plus, they are made with soft, stretchy materials that provide gentle support and adapt to changes in breast size. No more struggling to pull your regular bra down or feeling constricted with underwires!

With nursing bras, you can feel confident and comfortable while nourishing your baby.

## mommy labor nurse picks:



### HOFISH Seamless Nursing Maternity Bra

- Nylon + spandex
- Hook-and-eye back closure
- Removable foam cups
- Easy drop cups for convenient feeding

Shop Now

### Kindred Bravely Simply Sublime Nursing Bra (Use code MLN15 to save 15%)

- Nursing clips for convenient feeding and skin-to-skin
- Hook-and-eye back closure
- Soft, stretchy fabric
- Removable padding
- Wire-free

Shop Now



### Larken X Hands-Free Pumping Bra

(Use code LIESEL 10 to save 10%)

- Nursing and hands-free pumping bra
- Wire-free
- No elastic, zippers, clips, or holes to maximize comfort
- Lightweight buttery smooth stretch fabric

Shop Now



## mommy labor nurse picks:



### Nanobebe Disposable Nursing Pads

- Ultra thin, extra absorbent
- Vented, leak-proof
- Comes with daytime and nighttime pads
- Adhesive technology to keep pads in place
- Individually wrapped

[Shop Now](#)

### Bamboobies Reusable Nursing Pads

- 3 pairs of regular, thin pads and 1 pair of thick, super-absorbent overnight pads
- Soft and comfortable
- Made from renewable bamboo
- Machine washable and dryable

[Shop Now](#)



### Kindred Bravely Fearless Leakproof Reusable Nursing Pads

- 8x more absorbent than leading washable pads
- More environmentally friendly than disposable pads
- 4 ultra-thin layers for comfort and confidence
- Contoured design that molds to your unique body shape

[Shop Now](#)





## mommy labor nurse picks:



### Medela Lanolin Nipple Cream

- 100% all natural
- Single ingredient
- Hypoallergenic
- No additives, preservatives, or fragrance
- Safe for baby – no need to remove before nursing

[Shop Now](#)

### Earth Mama Organic Nipple Butter

- Non-GMO project verified – don't need to wash off before nursing
- Cruelty-free
- No petroleum, preservatives, or lanolin
- Non-sticky

[Shop Now](#)



### Frida Mom Sore Nipple Set

- Comes with nipple balm and cracked nipple saline spray
- Nipple balm: hydrating salve
- Saline spray: soothing, sterile spritz
- Safe for baby

[Shop Now](#)





## Soothing Elements

In addition to nipple cream, it might not be a bad idea to have some breast soothing products on hand if you plan on breastfeeding. Your nipples and breasts will likely be pretty sore, especially those first few days and weeks. Go ahead and purchase a few in advance so you have them if and when you need them!

Here are some of my favorite soothing products for breastfeeding:

### mommy labor nurse picks:



#### Medela Soothing Gel Pads

- Tender care hydrogel pads (4 count)
- Individually wrapped for hygiene and easy portability
- Reusable for up to 24 hours after being opened from it's individual wrapping
- Easy to apply

[Shop Now](#)

#### Hot/Cold Plush Breast Gel Bead Packs

- Contoured to fit most breast sizes
- Safe, reusable, easy to clean
- Plush backing that lays flush against your skin

[Shop Now](#)



## mommy labor nurse picks:



### Bamboobies Soothing Nursing Pillows

- Double sided to provide different levels of temperature control
- Cool in the freezer or warm in the microwave
- Super soft rayon velour
- Washable

[Shop Now](#)

### LaVie 3-in-1 Warming Lactation Massager

- Heat and vibration settings
- Massage pads are made to size or shape
- Improves milk flow
- Rechargeable batteries

[Shop Now](#)



### LaVie Silver Nursing Cups

- Helps heal sore nipples
- 100% natural and safe for mom and baby
- Easy to wear all day long
- Designed to fit any breast and nipple shape and size

[Shop Now](#)



## mommy labor nurse picks:



### Nursing Carseat Canopy Breastfeeding Cover

- Multitude of purposes
- Infinity tubular design for privacy
- Buttery soft, breathable, and stretchy fabric
- 360 degree coverage

[Shop Now](#)

### WeeSprout Nursing Cover

- Provides 360 degree privacy coverage
- One-size-fits-all design
- Soft, breathable fabric
- 8-in-1 uses
- Machine washable and dryer friendly

[Shop Now](#)



### Milk Snob Luxe Cover

- 360 degree coverage
- Luxurious soft brushed micro-jersey fabric
- Also functions as cover for car seat, shopping cart, high chair, and swing

[Shop Now](#)

## Section 8:

# Clothing

Dressing your baby can be a fun and exciting part of preparing for their arrival. In this section, we'll guide you through the must-have clothing items for your baby, including onesies, sleepers, and outerwear. We'll also provide tips on sizing and selecting clothing for your baby's first year.

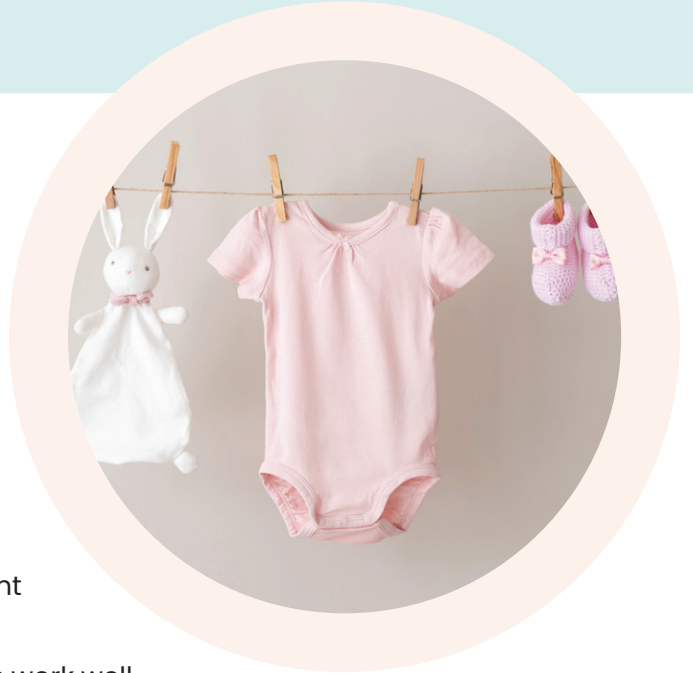
## Sizing

First, let's talk about baby clothes sizing in general. Talk to any mom and she will tell you no two brands are the same when it comes to weight and height associated with a size range.

You will learn in the first few months what brands work well for your baby but before then, some of it will require guess work.

### Here are some general tips on baby clothes sizing I wish I had known:

- For brands that just give a single month for the size, consider that the upper limit (ie - Carters)
- Most brands do give height and weight suggestions for their size ranges but you may need to search for the size chart online
- Find out what you and your partner were like as babies. Always in the next size up? Always on the smaller side? This may give you an idea of what to expect
- I have found boutique brands to run on the smaller side. This is not a hard and fast rule, but it occurred often enough for me that I'd be aware of it
- When in doubt, always keep the tags on and exchange for a bigger size or store credit. Even if you don't get full value, it's better than wasted clothes baby never wore







### How many clothes items do I need in each size?

This is tricky to navigate because you just can't predict how fast baby will grow in order to shop seasonally for the appropriate size. However, the basics and essentials listed above will be used until your baby is walking, so investing in those numbers through size 12-18 months is probably a safe bet.

Basics like snap-crotch body suits, footed pajamas, and stretchy pants are going to be your mainstays even as baby gets mobile. I found myself shying away from any shirts that didn't snap until my boys were walking. Shirts tend to ride up and get twisted with wiggling, crawling babies. You can pull out the cute pull-overs once they start walking.

### How many onesies do I need in each size?

On the low end, you're going to want to have at least 6 onesies in each size throughout baby's first year. The same is true for bodysuits and footed pajamas. Don't plan too far out in the realm of more seasonal items because you can't predict baby's growth.

### Baby clothes checklist for the first year

Use this as a basic essentials checklist and plan to fill in with seasonal and more specialized-wear.

For each size range (0-3, 3-6, 6-9, 9-12 months) plan to get:

- 6 short-sleeved bodysuits
- 6 long-sleeved bodysuits
- 6 stretchy pants
- 6 one-pieces (long or jumper-style depending on season)
- 6 cotton footed PJs (fleece can be great for winter months)

### Baby Clothes Functionality vs Style

As you can see, in my checklists I am emphasizing functionality. I know baby clothes are adorable, believe me. But other than on very special occasions, it's just not worth the hassle of getting them into fussy outfits.

Certainly splurge or enjoy an adorable Christmas outfit or something for a big family party, but day to day, you want simple.

## mommy labor nurse picks:



### Newborn Personalized Coming Home Gown

- 100% washable
- Comes with beanie hat
- Machine washable inside out
- Floral monogram

Shop Now

### Stroller Society Newborn Knotted Gown and Hat

- Henley style knotted gown
- Rayon and spandex – soft and stretchy
- 4 button closure at the top
- Built-in, no-scratch mittens
- Fits up to 3 months

Shop Now



### Posh Peanut Knotted Newborn Gown

- Bamboo material
- Tie closure at bottom
- Extremely durable
- Machine washable
- Lots of color and pattern options

Shop Now





## Seasonal Clothing

To be totally honest, I'm a big fan of just onesies for newborns. They are pretty inexpensive, easy to spray and throw in the wash, come in short sleeve and long sleeve depending on the weather, and can be worn with a little pair of pants if it's cold.

Oh, and they usually come in packs of 3-5 or even more! I cover some of my favorite pants for babies below, but it might not be a bad idea to stock up on some season specific items too.

### Spring/Summer

- Short sleeve onesies/bodysuits (see below)
- 🌿 ***eplay Baby Flap Sun Protection Swim Hat***
- ***Sleeveless Bubble Romper Jumpsuit***
- ***Simple Joys by Carter's Snap Up Rompers***
- ***WeeFarers Baby Sunglasses***

### Fall/Winter

- Long sleeve onesies and pants (see below)
- 🌿 ***Carter's Baby Hooded Jacket***
- ***Burt's Bees Zip Up Hooded Jacket***
- ***Simple Joys by Carter's Hat and Mitten Set***
- ***Carter's Hooded Sherpa Bunting Pram***
- ***BlueSnail Newborn Receiving Blanket Wrap Swaddle***
- ***Gerber Wiggle Proof Jersey Crew Socks***





## Bodysuits/Onesies

I would recommend grabbing a pack of both long and short sleeves, no matter the season. I often put my summer baby in long-sleeved bodysuits and loved the ones with little fold-overs on the sleeve to prevent them from scratching.

Just to make sure we're on the same page: bodysuits are the shirts with the snaps at the crotch. It prevents the shirt from riding up and is easy for diaper changes. Often, the neck is designed so that when there is a blow-out you can simply pull the shirt down and off and not deal with poop going over the head.



mommy  
labor nurse picks:



**Hanes Unisex-Baby Bodysuits**

- Cotton, polyester, spandex
- 4-way stretch fabric
- Sleeveless
- Expandable neckline makes it easy to get on and off

[Shop Now](#)

**Gerber Unisex Onesie Bodysuits**

- 100% cotton
- Short sleeve
- Snap closure for easy changing

[Shop Now](#)



**Simple Joys by Carter's Long-Sleeve Bodysuit**

- 100% cotton
- Snap closure for easy changing
- Long sleeve

[Shop Now](#)

## mommy labor nurse picks:



### 123 Bear Baby Soft Cotton Spandex Pants with Feet

- Cotton and spandex
- Pull on closure
- 40 count combed yarns

[Shop Now](#)

### Simple Joys by Carter's Unisex Fleece Pants

- 100% polyester
- Covered elastic waistband
- Ribbed cuffs

[Shop Now](#)



### Burt's Bees Baby Knit Jogger Pants

- 100% organic cotton
- Covered elastic waistband

[Shop Now](#)

### HonestBaby Organic Cotton Pants

- 100% certified organic cotton
- Drawstring closure
- Elastic waistband for easy pull-on design

[Shop Now](#)





## Footed Pajamas

Don't go too crazy in the newborn size with these, but having a few (especially if baby is born in a colder month) are great for hanging around the house when they aren't swaddled or to keep them warm at night. As far as size 0-3 and beyond, these are good to stock up on!

Now when it comes to footie PJs there are two main styles - snaps and zippers.

Zippers are quick and easy to use - no aligning snaps or buttons in the dark at night. They also usually provide a snugger fit than snaps, which can help keep your baby's diaper in place. However, zippers can sometimes snag on delicate fabrics or irritate your baby's skin if they're not covered by a protective flap.

As for snaps, they give more flexibility in terms of opening the pajamas for diaper changes, as you can snap and unsnap just the bottom portion. However, snaps can be more time-consuming to fasten and unfasten, especially if you have a squirmy baby who doesn't like to stay still.

All of this is to say that the choice between snaps and zippers will depend on your personal preference and your baby's needs! I recommend having a few of both options on hand, so you can switch between the two depending on the situation.

**Note:** If you have a winter baby, or keep your house particularly chilly, you may want to get some fleece footed pajamas in addition to cotton ones.

mommy  
labor nurse picks:



**Gerber 4-Pack Sleep 'N Play Footie**

- 100% cotton
- Zipper closure
- Built-in footies

[Shop Now](#)

**Simple Joys by Carter's Snug-Fit Footed Pajamas**

- 100% cotton
- Zipper closure
- Built-in footies

[Shop Now](#)



**Kyte Baby Soft Bamboo Rayan Footies**

- Made from super soft bamboo rayon
- Dual zipper for easy diaper changes
- Hang-dry
- Mom favorite!

[Shop Now](#)





## Sweaters

Go for a light-weight cardigan or hoodie for babies born in colder months. You want something thin that can still be worn with a car seat.

I found I didn't use the heavier winter jackets I was given for my baby in the first few weeks and months. Instead, I would put a warm blanket over baby's car seat buckle, and often just use a baby carrier with baby zipped into my jacket!

### mommy labor nurse picks:



#### Hanes 4-Way Stretch Fleece Hoodie

- Cotton and polyester
- Zipper closure
- 4-way stretch fabric for free-flowing movement

[Shop Now](#)

#### Gap Baby Bear Garter Cardigan Sweater

- 100% cotton
- Pull on closure
- Includes hood with bear ears

[Shop Now](#)



#### Simple Joys by Carter's Knit Cardigan Sweater 2-Pack

- Cotton and acrylic blend
- Button closure
- One cardigan is hooded

[Shop Now](#)



## Socks

For socks, just be ready for a constant battle. They're always going to fall off, but are a necessary evil. Pulling them up over the pants does seem to help a bit and provides some comic relief.

### mommy labor nurse picks:



#### Gerber 8-Pack Wiggle-Proof Jersey Crew Socks

- Cotton, nylon, spandex
- Wiggle-proof technology to keep them in place without leaving marks

[Shop Now](#)

#### Gap 3-Pack Cotton First Socks

- Cotton, nylon, spandex
- Bear face on top of socks

[Shop Now](#)



#### Zutano Fleece Baby Booties

- Organic cotton lining
- Cotton and polyester
- 2-snap closure
- Warm, durable, breathable

[Shop Now](#)

## mommy labor nurse picks:



### KiddyCare Newborn Hats

- 100% organic cotton
- Machine wash
- Adjustable knot tie at top

[Shop Now](#)

### Gap Soft Knit Garter Hat

- 100% cotton
- Machine wash
- Ribbed trim to keep hat on comfortably

[Shop Now](#)



### Kyte Baby Bamboo Beanie Hats

- Knotted at the top
- Bamboo cotton

[Shop Now](#)

## mommy labor nurse picks:



### Gerber 8-Pack No Scratch Mittens

- 100% cotton
- Gentle elastic wristband

[Shop Now](#)

### Burt's Bees Mittens

- 100% cotton
- Encased elastic wrists

[Shop Now](#)


### Zutano Fleece Mittens

- 100% cotton
- Thumbless
- Connected with long string to prevent mitten loss

[Shop Now](#)





## Laundry Detergent

Here's a guide of what to look for in a laundry detergent for your baby.

- **Fragrance-free:** Look for a detergent that is fragrance-free or has a mild, baby-friendly scent
- **Hypoallergenic:** Opt for a detergent that is labeled as hypoallergenic, meaning it is less likely to cause an allergic reaction
- **Gentle formula:** Choose a detergent with a gentle formula that is free of harsh chemicals and additives
- **pH-balanced:** Look for a detergent that is pH-balanced, as this can help prevent skin irritation
- **Liquid vs powder:** Liquid detergents are generally considered better for newborns because they dissolve more easily and leave fewer residue
- **Free of optical brighteners:** Optical brighteners can leave residue on clothes and irritate sensitive skin, so look for a detergent that is free of them
- **Pediatrician recommended:** Consider looking for a detergent that is recommended by pediatricians, as this can help ensure that it is safe and effective for your newborn

Remember, every baby's skin is different, so you may need to try a few different detergents before finding one that works well for your little one!

But don't stress about this too much for the first wash you do on clothes before baby is born.

## mommy labor nurse picks:



### Dreft Stage 1 Newborn Liquid Laundry Detergent

- Hypoallergenic
- No added chlorine, dyes, or phosphates
- Designed to work in both standard and high efficiency (HE) washing machines

[Shop Now](#)

### Babyganics Laundry Detergent

- Plant-based
- Fragrance free
- Hypoallergenic
- Pediatrician and dermatologist tested

[Shop Now](#)



### Noodle & Boo Baby Laundry Detergent

- Plant-based formula
- Clinically-tested for sensitive skin
- Hypoallergenic
- Cruelty-free
- Pediatrician-tested

[Shop Now](#)



mommy  
labor nurse picks:



**Touched by Nature Receiving and Multi-Purpose Blanket**

- 100% organic cotton
- Can be used as swaddle too
- Pretty colors and patterns

[Shop Now](#)

**Copper Pearl Knit Receiving Blanket**

- Polyester/rayon blend
- Lightweight and breathable
- Large design to grow with baby into toddler years
- Can be used as swaddle also

[Shop Now](#)



**aden + anais Baby Blanket**

- Made with 4 layers of 100% organic muslin cotton
- Made with low-impact, non-toxic dyes
- Generous sizing
- Can be used for playtime, stroller, tummy times, and naps

[Shop Now](#)



## mommy labor nurse picks:



### KeaBabies 4-Pack Muslin Swaddle

- LumiSoft muslin cotton blend
- Breathable, temperature regulating
- Non-wrinkle
- Generous sizing to grow with baby

Shop Now

### aden + anais Essentials Swaddle Blanket

- 100% muslin cotton
- Thin, breathable, safe
- Can also be used as receiving blanket, baby blanket, and stroller cover

Shop Now



### Ollie Swaddle

- Helps to reduce the Moro (startle) reflex
- Moisture-wicking material
- One-size promotes ease with transitional stages

Shop Now





## Section 9:

# Playtime



## Lovevery Play Kits

**Lovevery Play Kits** are truly amazing! These kits are designed to provide developmentally appropriate toys for your baby as they grow and learn.

They offer a range of toys that are carefully curated to support your baby's cognitive and physical development. Lovevery places a strong emphasis on creating high-quality, sustainable, and non-toxic toys that are both safe and fun for your little one.

Each kit comes with a guide that helps parents understand how to play with the toys and which milestones they help support. If you're looking for a way to provide your baby with toys that are not only entertaining but also promote their development, Lovevery play kits are an excellent choice!



- Build new brain connections
- Process new surroundings
- Explore high-contrast images

**Shop Now**

## The Charmer Play Kit (months 3-4)

- Develop speech and oral motor strength
- Encourage social awareness
- Practice using both sides of the brain
- Make the most of tummy time

**Shop Now**



- Develop language skills
- Strengthen coordination and dexterity
- Practice fine and gross motor skills
- Have fun with tummy time

**Shop Now**



## Jumper

Baby jumpers are a popular option for parents looking for a way to keep their little ones entertained and active. These devices feature a seat attached to an elastic cord, allowing babies to bounce up and down while strengthening their legs and enjoying the fun activities that come with many models.

**mommy**  
**labor nurse picks:**



### Bright Starts Bounce 'n Spring Deluxe Door Jumper

- Fits securely to most doorways
- Easy to take down, store, and transport
- No tools required for setup - just clamp and go
- 4 repositionable toys included

[Shop Now](#)

### Fisher-Price Baby Bouncer Jumperoo Activity Center

- 360 degree rotating seat
- Includes music and lights
- Adjusts to 3 different heights
- Colorful toys included

[Shop Now](#)



### Skip Hop Baby Activity Center

- 360 degree rotating seat
- Three stages of use: sit, swivel, or bounce and play
- Grows with your child to eventually become a table
- Clip on toys included

[Shop Now](#)



## mommy labor nurse picks:



### Washable Baby Gym Activity Mat

- Soft and padded
- Comes with 6 removable toys
- Loops to add on additional toys
- Easy to set-up and move around the house

Shop Now

### Fisher-Price Baby Playmat Deluxe Kick & Play Piano Gym

- 4 ways to play as baby grows
- Large keyboard with 5 light-up keys
- 5 repositionable toys
- Soft and thick, machine washable with loops to attach toys

Shop Now



### The Play Gym by Lovevery

- Grows with your baby
- 5 Montessori-inspired development zones
- Mom favorite!

Shop Now





## Board Books for Baby's Library

When it comes to toys for your baby, don't forget about board books! These sturdy little books are perfect for tiny hands that like to grab and explore. They're made of thick cardboard pages that can withstand being chewed on, drooled on, and even tossed around.

Board books often feature bright, bold colors and simple, repetitive text that can capture a baby's attention and help them learn.

One great thing about board books is that they're often designed to be interactive, with flaps to lift or textures to touch. Plus, they come in all sorts of fun themes and topics, from animals and shapes to first words and nursery rhymes.

And as your baby grows, board books can be a great tool for early literacy, helping to develop vocabulary, memory, and even empathy.

## mommy labornurse picks:

- 🌟 **Peek-a Who? By Nina Laden**
- **Dear Zoo by Rod Campbell**
- **The Very Hungry Caterpillar by Eric Carle**
- **Goodnight Moon by Margaret Wise Brown**
- **The Going to Bed Book by Sandra Boynton**
- **First 100 Board Book Box Set by Roger Priddy**
- **Black & White by Tana Hoban**
- **Look, Look! by Peter Linenthal**
- **ABC by Jane Foster**
- **Baby Touch and Feel: Animals by DK**
- **The Babies and Doggies Book by John Schindel and Molly Woodward**



Crinkle Fabric Squares



Manhattan Toy Winkel  
Rattle and Sensory Teether



Montessori  
Spinning Drum

## Developmental Toys

It's never too early to start thinking about your baby's development. One of the best ways to help your little one grow and learn is by offering them age-appropriate toys that stimulate their senses and encourage exploration.

From the moment they're born, babies are taking in the world around them and learning through play. That's why it's important to choose toys that support their physical, cognitive, and social-emotional development. Developmental toys come in all shapes and sizes, and they're designed to engage your baby's senses, promote motor skills, and encourage problem-solving.

Plus, watching your baby learn and discover new things is one of the most exciting and rewarding parts of parenthood!

## mommy labor nurse picks:



### Linking Rings

- **Soft Silicone Toy Set**
- **Manhattan Toy Winkel Rattle and Sensory Teether Toy**
- **Oball Shaker Rattle Toy**
- **Crinkle Fabric Squares**
- **Montessori Spinning Drum**
- **Peekaboo Mirror Puzzle**



## Black and White Cards

Did you know that black and white high-contrast images can captivate your baby's attention and help with their visual development? It's true! Because newborns' eyesight is still developing, they can see high-contrast images like black and white much more clearly than pastels or other colors.

That's why black and white cards and toys are a great addition to your baby's toy collection. You can find a variety of black and white cards with different shapes, patterns, and images that your baby will love to look at. And, as your baby grows, you can switch to black and white toys like rattles and mobiles to keep their attention.



High Contrast  
Baby Flashcards



High Contrast  
Baby Flashcards




Soft Black and White  
Accordion Fold Book





## Additional Readings and Resources

### Product Round-Ups and Reviews

-  [\*Making a Second Baby Registry? Here's What to Include!\*](#)
- [\*The Breastfeeding Essentials You Need as a Nursing Mama\*](#)
- [\*Pumping Essentials: 10 Things Every Pumping Mama Needs\*](#)
- [\*38 Must-Have Postpartum Essentials for Mom and Baby!\*](#)
- [\*SNOO Review from an L&D Nurse: Is the Smart Sleeper Worth It?\*](#)

### Breast Pump Reviews

-  [\*Motif Luna Breast Pump Review: From an L&D Nurse and Breastfeeding Mama\*](#)
- [\*Willow Breast Pump Review: Everything You Need to Know\*](#)
- [\*Elvie Pump Review: Elvie vs Willow\*](#)
- [\*Spectra vs Medela: The Pros and Cons of These Popular Pumps\*](#)
- [\*Baby Buddha Pump Review from an L&D Nurse and Pumping Mama\*](#)
- [\*The Haakaa Pump: Every Breastfeeding Mama's New Best Friend!\*](#)

### Gift Guides

-  [\*Fun Mother's Day Gifts For Expectant Mothers!\*](#)
- [\*30+ Pregnancy Gifts for First-Time Moms!\*](#)
- [\*Big Brother and Big Sister Gift Ideas + Tips to Prepare Siblings for a New Baby\*](#)
- [\*Pregnancy Gifts for First Time Moms: A DIY Monthly Pregnancy Box\*](#)





# hi, mama!

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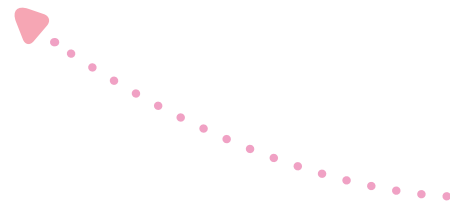
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– Liesel and The MLN Team

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# Feeling anxious about birth?

I want to let you in on a little secret. Even though I'm a labor and delivery nurse, I was SO scared before my first son was born.

- I was scared of **needing an induction**
- I was scared of an **emergency C-section**
- I was scared I wouldn't be able to **handle the pain of labor**

**Access All 3 Classes  
+ 5 Bonuses  
for just \$99!**

So, when I tell you that I get how you're feeling – know that I really do get it!

It's the whole reason I created Mommy Labor Nurse and our online birth classes!

## Erase your fear with Birth It Up!



**Birth It Up:**

### ➤ **The Natural Series**

For mamas that are planning to birth without an epidural, but still want to learn about medical interventions just in case.



**Birth It Up:**

### ➤ **The C-Section Series**

For mamas that are having a scheduled C-section and want answers to every what-if so they can approach birth with confidence.



**Birth It Up:**

### ➤ **The Epidural Series**

For mamas that know they want an epidural, but also need to learn natural pain coping strategies for before their epidural is placed (or if things go too quickly!).

## I'm your teacher, Liesel Teen, BSN, RN

As a labor and delivery nurse, I've spent countless hours with women who felt anxious — even fearful — about giving birth. I want you to know it doesn't have to be that way for you!

When you know what to expect and have the tools to navigate the experience, you'll have a better birth — no matter how you deliver.

The three classes in this bundle used to be sold separately — but we realized, that just wasn't right!

Now you can get lifetime access to all three classes for less than the price of one.

- Labor and Delivery Nurse of 10 years
- Childbirth Educator
- Mother of 2
- 650k+ Instagram Followers



I gave birth this week and I took your natural series course. It was amazing and so incredibly helpful! I knew what the doctors/nurses were talking about because of all of the information you provided. Thank you so much for all of your posts, and especially for your class!



Liesel - just wanted to say thank you for putting together an amazing CSection education course. My son was born via CS Friday and my husband and I felt so empowered and confident walking into the procedure because of you. It really helped calm my anxiety to know step by step what would happen and to prepare for recovery. Thank you!!!



I'm so glad I took your epidural course. If I relied on my hospital's childbirth classes, I would have so many more questions than answers. Your Birth It Up Series is so thorough!! I feel confident going into birth to welcome this lil one soon 🥰



mommy  
labor♥nurse