



What You'll Need for Baby

It can be overwhelming figuring out what you'll need for a new baby - but we're here to help! Here are our must-have items for the first 8 weeks. Create your registry with us and save 10% on select products not purchased from your list!

Newborn Clothing

- Long sleeve side-snap or lap-style bodysuits (3-4)
- Short-sleeved onesies (3-4)
- Footed rompers (2-3)
- Pants (3-4)
- Hats (1-2)
- Baby gowns (2-3)
- Booties or socks (4-5)

Baby Gear + Care

- Baby sleep space (organic is best)
- Night light
- Swaddle blankets or sacks (2-3)
- Hooded towels (2)
- Baby First Aid supplies (nail clippers/files, thermometer, nasal aspirator)
- Baby bath
- Baby soap/shampoo
- Washcloths (4-6)
- Bottles + formula (if you will not be nursing)

Diapering

- Diapers/Diaper Service (10-12 per day)
- Diaper covers if cloth diapering (5-7 total)
- Diaper pail/bin for dirty diapers
- Wipes (consider reusable)
- Organic Baby Oil (to prevent meconium sticking in the first few days – also great to moisturize baby's delicate skin)
- Diaper cream
- Waterproof changing pad

Birth Parent Care

- Rest & Love
- Maternity pads (organic maxi-pads)
- Sitz bath herbs (vaginal birth)
- Perineal bottle
- C-Section Cream (c-section birth)
- Disposable underwear
- Reusable bottle for drinking water
- Nursing bras (1-3 in a size range e.g. S/M/L not band/cup sized)
- Nursing pads (if nursing)
- Nipple cream (if nursing)
- Important phone numbers list
- Did we say Rest & Love and LOTS of it?

Other Helpful Stuff

- Food prep or delivery setup*
- Postpartum Doula
- Nursing support cushion
- Relax Tincture
- After-Pain Ease Tincture
- Burp cloths (cloth diapers make fantastic burp cloths!)
- Cold/hot pack
- Healing Salve

*cook/freeze beforehand OR have friends/family use an online service OR enlist a meal delivery service

**Use this list as your
Gift Registry Guide!**

**Set Up Your
Registry!**



**Shop This
List Online**





What You'll Want for Baby

Having a new baby can be a big adjustment! These items will help love & care for a new babe AND a new parent. While you may not *need* them, having them at the ready can create some ease as you navigate a new addition to your family.

Lactation

- Hydrogel Pads (to soothe sore nipples)
- Organic Sunflower Lecithin (to keep those pesky clogs at bay)
- Lactation cookies or bars (because bodyfeeding is hungry work!)
- Lactation Support at the ready!



Lactation
Support

Pumping

- Handheld Breast Pump (to take the pressure off on-the-go)
- Hospital Grade Breast Pump Rental (so other people can feed baby too)
- Flanges that fit!
- Hands-Free Pumping Bra or Wearable collection cups
- Travel Cooler Bag
- Quick Clean Micro-Steam Bags
- Breast Pump & Accessory Wipes
- Reusable silicone storage bags for milk



Pump
Rental

Baby Development

- LOTS of safe touch & talk from loved ones
- High Contrast Board Books
- Tummy Time Set-Up: Blanket, Soft Toys, Art Cards
- Crinkle Toys

Baby Gear + Care

- Wrap-Style Baby Carrier
- Glider Chair
- SnuggleMe Lounger
- Sun Hat (doctors recommend no sunscreen until 6mo)
- Natural Rubber or Silicone Pacifiers
- Pacifier Buddy
- Air Purifier
- Sound Machine
- Baby Vitamin D Drops
- Baby Probiotics
- Windi - The Gas Passer
- FlakeFixer for cradle cap
- Breathable Carseat Cover
- Stroller Hook



Recommended Reading

- Build Your Nest - *A Postpartum Planning Workbook*
- Having Your Baby - *For the special needs of black mothers-to-be, from conception to newborn care*
- Nurture - *A Modern Guide to Pregnancy, Birth, Early Motherhood and Trusting Yourself & Your Body*
- Breastfeeding Doesn't Need to Suck - *How To Nurture Your Baby and Your Mental Health*
- The Birth Partner - *A Complete Guide to Childbirth for Dads, Doulas & Other Labor Companions*
- The First Forty Days - *The Essential Art of Nourishing the New Mother*

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