

MommyK's Baby “Must-Haves”

A small list of things that I found the most essential to starting the journey of Motherhood

Mommy Post Care

- **Epsom Salts** -For sitz baths
- **Adult Diapers** -I got some from a neighbour who had left overs from when she was pregnant. They are super comfortable and make life just a little less complicated
- **Nursing Pillow x2** -I used one pillow to nurse and the other as a donut seat; made it way more bearable to sit after giving vaginal birth

Baby Attire

- **8 sleepers** -As our baby was born in January, all she wore those first three months were sleepers.
- **Diapers** -We used disposables until I found a good fit for the baby and rhythm to being a new mom. Once we were settled, we started using cloth in the day and disposables for nighttime and trips
- **Different Styles** -Everyone will have their own opinion of what style of clothes is best (zippers, snaps, diaper shirts, overalls, etc.) My advice? Get as many different styles as you can and find out what works for you and baby as they grow and seasons change.

Miscellaneous

- **A Plan for Sleep Training** -Find some kind of book, youtube channel or friend that inspires your sleep training journey. Don't go in blind, don't go in alone.

Feeding Gear

- **Immersion Blender and Lidded Icecube Trays** -Perfect for making any meal a baby puree
- **Brezza Baby Reusable Food Pouches** - A great environmentally friendly option if you're planning on making baby purees and need a convenient way to store/feed

Baby Gear

- **Muslin Blankets** -Perfect for EVERYTHING from swaddling, nursing covers, and burp cloths. Really, I didn't need any other style.
- **Showercap Style Car Seat Cover** - Ideal for the winter baby as it is easy to put on and remove as needed for car seat safety.
- **Bumbo Seat and Tray** -Great way to have baby be apart of meals and socializing, also convenient for traveling
- **Jolly Jumper** -Just for fun really, and to give you a chance to have your hands free
- **Monitor** - We opted for no video and have no regrets
- **Sound Machine** - GET A CONTINUOUS ONE, I wished I had. Anything that has the potential of getting you a better night's sleep is worth it.
- **Blackout Curtains** - Again, any chance of sleep is worth taking.
- **Baby Carrier** - Structured, wrap, sling or backpack; whatever works for you and baby