

Alpha Mom Ultimate Baby Registry Checklist

Items are divided into (very) rough categories of BUY NOW and BUY LATER, just to help you prioritize what you'll need from day one and what you can wait a bit on.

Baby Gear/Clothing

Buy Now

- Infant car seat*
- Compatible lightweight stroller frame
- Car seat base
- Fleece bunting/rain cover for car seat
- Headrest for car seat
- Pack-n-Play, bassinet, co-sleeper (plus 2-3 sheets and a waterproof pad)
- Sling, wrap, or infant carrier (or all three, if you are me and can't decide)
- Diaper bag (don't kid yourself, though - you'll probably change your mind and want something different later, so budget accordingly)
- Swaddling blankets (I recommend the Miracle Blanket)
- Pacifiers (a couple different kinds, but don't go crazy)
- A few high-contrast infant books & toys & rattles
- Coming Home outfit, or something special for birth announcement photos
- Onesies & footed sleepers
- Socks & hats

Buy Later

- Floor gym
- Baby Gates/ Play yards
- Lightweight stroller or full-sized stroller*
- Bouncy Seat**
- Baby Swing **
- Jogging Stroller** (check Craigslist, these are probably the most-purchased and least-used things out there)
- Exersaucer/ stationary entertainment/containment (Bumbo or bebePOD, etc)
- Crib aquarium or musical toy
- Convertible car seat
- Real "clothes" (a floppy newborn body is not easy to dress in another other than snaps and shapeless cotton things)
- Snowsuit (if you get a good seat bunting you may never need one, and you'll probably get a never-used hand-me-down one from someone too)

**Obviously, if you live in the city and/or don't have a car, a stroller would definitely be in the Buy Now category. The stroller will be as good as a car for a good three or four years, so make sure you love it. The wrong stroller will make you hate life, believe us. Personal favorites are the Maclaren Triumph single (so light! so foldable!) and the Phil*

& Ted's in-line double (not so light or easily foldable, but the non-double-width, strong frame and fantastic steering more than make up for the bulk). If you are really tempted by the "travel system" type, be warned -- the convenience of snapping a car seat into the stroller is often negated by the overall mediocrity of the stroller, and the realization that oh my God, you are lugging and pushing around 30 pounds of stroller and seat for seven pounds of baby. For the second time round, to streamline, go with the stroller frame or just a sling/carrier any time you go anywhere that doesn't require the double stroller.

***But don't buy these MUCH later. Get both right off the bat if you've got the room, otherwise wait and see if your baby seems to calm down while bouncing or swinging.*

Feeding

Buy Now

- Bottles*
- Bottle sterilizer & warmer**
- Plain prefold cloth diapers for burp rags (four or five packages, at least, and don't bother with the "pretty" shoulder rags and lap pads. Cloth diapers rock, and you will STILL be using those suckers for every mess your child manages to make for years to come.)
- Bibs (small absorbent ones for infant drool and spit-up, larger pocketed ones for solid feeding)
- Breast pads, (Avent nursing pads are great for leaks, the gel varieties like
- Soothies/ Lilypadz are lifesavers for sore/chafed nipples)
- Nipple cream ointment
- Nursing pillow (You'll never get a consensus on these -- some mothers love them, some never use them. Some love the Boppy and others swear by the My Breast Friend.)
- Breastmilk storage containers
- Bottle brush
- Nursing wrap/cover

Buy Later

- More bottles -- 8 ounce-capacity with higher-flow nipples
- High chair or booster seat ****
- Splat mat
- Plates, utensils, sippy cups
- Steamer basket for homemade baby food
- Small blender or food processor
- Ice cube trays for storing homemade food

**Yes, yes. No matter what your lofty breastfeeding plans are, it's not a bad idea to have a bottle or two handy. If you know what kind of breast pump you'll be using get*

something compatible. Otherwise, ignore the big gift sets and try out a couple of the BPA-free options (Evenflo glass, Born Free, Dr. Brown's, etc.) and see what works best for you and your baby. Make sure you start with level one or even preemie nipples to reduce the chance of your baby developing a flow preference over the breast.

***As for the sterilizers and warmers it's for if you don't have a dishwasher and really find warming up a pot of water to be INCREDIBLY TAXING, otherwise these might not be worth giving up your precious counter space for, particularly if you're only using bottles as an occasional supplement.*

****DO NOT buy a breast pump. Rent one from the hospital or your lactation consultant. Wait until once your supply is established and you know your long-term plans before choosing between a hand pump and something like the Medela Pump-in-Style.*

*****Did you register for a bouncy seat or Bumbo? Use it for those first cereal and solid feedings instead of some giant plastic monstrosity. Wait until your little one can sit up unassisted to pick out a high chair – your options will be MUCH smaller, more streamlined and better looking.*

Baby Grooming & Safety

Buy Now

- Baby bathtub. (Something small enough for your kitchen sink and your bathtub, and preferably one that folds up or stores easily. Don't go berserk on this -- you won't be using it that long.)
- Towels and washcloths. (Listen, people looooooove the baby towels. They will buy them for you by the truckload.)
- Gentle tear-free shampoo and body wash. (You need one bottle! Babies are small. I'm sure you'll make it back to the store at some point before you run out.)
- Baby grooming kit (brush, comb, nail clippers, nail file, etc.)
- Ear and rectal thermometers. (Get niiiice digital ones. You'll cherish them for years of illnesses.)
- Nasal bulb sucky thing. (Yeah, they'll give you one at the hospital, but having two is nice)
- Humidifier/ vaporizer
- Petroleum jelly (UNSCENTED), baby oil, lotion, cotton balls and swabs.
- Baby sunscreen.
- Teething rings (BPA free) and teething pain relief options (we like the homeopathic tablets). (Yes, I know they aren't born teething but if we put this in the "Buy Later" category you will all curse us when you forget to buy it and four months later your baby suddenly erupts in teeth in the middle of the night.)
- Diapers (Yeah, you'll need a slew of these. A couple small packages of the newborn size and a giant box of the size ones should cover you for a couple weeks. If you plan to use cloth we suggest SAMPLING before committing to a system.

- Wipes (Some newborn skin cannot tolerate wipes of any kind at first, while other babies are fine. Get fragrance and alcohol-free wipes (or cloth), and also a giant bottle of Cetaphil to use instead in case of a bad rash or skin irritation. Travel-sized wipes for the diaper bag are a good idea too.)
- Diaper rash cream (Different brands too).
- Dye- and fragrance-free laundry detergent (It does NOT have to say "baby" on it, by the way. In fact, many of the "baby" detergents are just loaded up with fake baby-powder fragrance that may irritate newborn skin.)
- First Aid kit.
- Infant medications, like Mylicon drops, gripe water and Infant Tylenol.
(**ALWAYS CHECK with your pediatrician** before giving ANYTHING to a newborn, however.)
- Baby monitor.

Buy Later

- Any type of baby-proofing product. (Seriously. They aren't born mobile and lack the hand-eye coordination required to stick forks into the outlets.)
- Bath toys. (Newborns? Not big toy fans, no matter how precious that teeny rubber duck may seem.)
- Potty seats and stepstools.

If are currently expecting, don't forget to visit our Weekly Pregnancy Calendar and to see the online version of this Baby Registry Checklist.