



## *Baby Essentials Shopping List*

### **Nursery**

- one crib
- one change station
- 3 crib sheets - for crib + playpen
- rocking chair (with a footstool is best)

### **Main Living Space & Master Bedroom**

- 1 playpen – ‘Pack-n-play’ or ‘Graco’ are good.  
Handy with the change table & bassinette attached. This allows a second sleep & change area in the main area of the house – great in the first couple of months.
- 1 second change area in the master bedroom - a change pad on a chest of drawers is all that's needed.

### **Essentials**

- ‘Pampers Swaddlers’ diapers for newborns  
They absolutely leak less and fit better.
- 6 sleepers (minimum), the ones with zippers, not snaps (Walmart).  
It saves huge amounts of time during those night time feeds ☺
- 6 diaper shirts/onsies
- 6 receiving blankets - square is best and the bigger the better. A combination of flannel + stretchy is best.
- 2 dozen wash clothes  
Consider using them as bum cleaners! A stack of them beside a bowl of water is all that is needed. They're better for baby's skin, easier on the environment and less expensive than disposable wipes. (or ask us for our [home made baby wipes recipe](#))

### **Equipment and Gadgets**

- Car seat
- 1 basic baby bath tub – try the type with a slope and a raised bit for the legs.
- Nursing Pillow -‘Baby Buddy’ we think it’s the BEST nursing pillow on the market



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- 1 basic bouncy chair – with a metal frame (not the fancy plastic rocker type) you should be able to bounce it with your foot.
- 1 swing is handy - great if you can borrow one.
- 1 good baby wrap (made of stretch jersey)  
'PeaPod' & 'Moby' brand wraps are best. They are a lifesaver! Giving you the ability to be hands-free while taking care of other tasks (toddlers, work, cooking, etc.)