

# Registry List

*You don't need very much to start with!*

## 1. Boobs

- a. Two good maternity/nursing bras (wear one, wash one).
- b. Nursing pads (if you buy two reusable sets, you can wear one, wash one). \* Washing these is very important, because reusing breast pads can lead to infection.
- c. Contact information for an IBCLC who accepts your insurance.
- d. Contact information for a breast pump rental or sales center. I recommend waiting until baby arrives to purchase a breast pump, because what you need may be very different depending on how feeding is going and when you will need to leave baby for the first time.

## 2. Carseat

- a. Buy a new one and have it installed by a qualified technician. For whatever reason Kohl's department store offers carseat check days, so search there or call your local fire/police station (not all stations have qualified technicians).
- b. If you're oozing money and have more than one car, consider buying an additional base\* for the additional car. Have it checked, too.

## 3. Diapers

- a. **Cloth diapers** in appropriate sizes for newborns (it is more complicated to use disposables, since you don't know how big baby will be when born). How many you need depends upon how often you'd like to wash them. If you buy from a local store, they will advise you on quantities.
- b. **Wipes.** If you're using reusable diapers, you might as well use reusable wipes.
- c. **A traveling changing mat.** You can go fancy with nice prints and waterproofing, or you can bring a couple of hand towels.
- d. **Something to contain the dirty diapers.** If you're reusing, a travel wet bag is great when you're away from home and an empty 5 gallon bucket or garbage can is perfect for those waiting to be washed. If you're using disposables, start saving the bags newspapers come in, or produce bags.

## 4. Clothing

- a. **Something for baby to wear** home from the hospital, especially a hat. Birthing at home? Good to get one anyway and keep it in your transfer suitcase, just in case.
- b. **Mama clothing that baby will fit into.** Skin to skin baby/mama contact is critical in the first several days of life, so keep your baby in a diaper and hold her against your skin inside your robe, shirt, etc. Be aware that baby's airway must be clear, so talk to your midwife, doula or doctor about proper positioning.
- c. **Black undies,** for you. If you already have a good store that will fit a maxi pad, then you're set. If not, get several pairs ahead of time knowing that you might wear several in a given day. If you're using cloth diapers, you can wash your undies with them.

## 5. Personal care items

a. **Maxi pads.** You won't be allowed to use anything else for several weeks after baby is born, so make sure you get these ahead of time. There are excellent reusable varieties that are much more comfortable than the disposables, but you may want to have some disposables on hand as well, especially if you've never used a reusable maxi before. Again, reusables can be washed with cloth diapers.

b. **Cold packs/hot packs:** This could be a hot water bottle (that is also an ice water bottle) and some washcloths that you wet and freeze.

If you retain the services of a postpartum doula, she may well offer to help you address any additional needs once baby is born. If not, consider asking your friends and family members to be “on call” for errands. Local stores will often work with you on the phone and accept your payment, and your friend can go pick them up. Don't forget that shipping is a great option, too! Gift cards are also easy to pass along if you receive them. Send the person out with clear instructions and a gift card and voila! Just what you needed without the hassle of buying and returning.

\*Some people don't use these, so maybe wait until baby is born.