



# Natural Mama

## Baby Registry Checklist

Everything You Need and Nothing You Don't

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## WELCOME TO MOTHERHOOD

So you're pregnant. Woo-hoo! Congratulations. Get ready for the ride of a lifetime. And a ton of details that you've probably never considered.

Where will baby sleep? How will you decorate the room? What gadgets do you need?

I remember feeling faint as I walked the aisles of Babies R Us. How would I pay for all that stuff? Moreover, where on earth would I put it? It was overwhelming.

If you're anything like me, you want the Baby Angel to tell you what to buy and what to skip. Do you really need a baby wipe warmer? (No.) How about shirt bibs? (Yes.)

Well, I'm not exactly the Baby Angel, but I've been there and want to pass along what I've learned. My goal in creating this baby registry checklist is to include everything you need to ensure your baby is comfy and cared for – and nothing more. And of course, everything is as natural as possible.

Take a look. Use what works and skip what doesn't.

I wish you a fantastic pregnancy and a smooth, natural, healthy delivery!

Warmly,

Genevieve  
mama@mamanatural.com



## ABOUT REGISTRIES

If you are reading this, the first thing you need to ask yourself is where you will register.

Most of the items in this book include links to Amazon, and Amazon is a fine place to create your baby registry. However, an Amazon registry only works if everyone who is buying for you is web savvy - or if everything you want is on that site.

If you want to register from multiple retailers - including your favorite local or independent shops (like Etsy) - I recommend an easy to use registry called [BabyList](#). Created by a new mom like you and me, BabyList makes baby registries more personal and less overwhelming. Check it out at <http://babyli.st>

*Note: This ebook contains Amazon.com links to make browsing easy. These are affiliate links, meaning we receive a commission if you click on a link and buy something. Mama Natural gives 100% of this money to a 501(c)(3) non-profit charity.*

# Baby Wear



## 2-4 good stretchy hats

Keeping a hat on a newborn is like trying to keep a bowtie on a chimpanzee. Our best hats came from the hospital (so grab as many as you can.) When baby is 3+ months, try these options.

### American Made Apparel Infant Baby Rib Hat

See it on [Amazon.com](https://www.amazon.com)



## 4 side-snap shirts

These Asian-inspired shirts are not only great for when baby's belly button is healing, they're perfect layering shirts. Long sleeved for fall/winter baby. Short sleeved for spring/summer baby.

### Carter's Basic 5 Pack Short Sleeve Side Snap T Shirt

See it on [Amazon.com](https://www.amazon.com)



## 4-6 onesies underwear

I use these daily as layering shirts for baby. Keeps them warm and sometimes helps "contain" blowouts. Long sleeved for fall/winter baby. Short sleeved for spring/summer baby.

### SpaSilk 100% Cotton Short Sleeve Lap Shoulder 3-Pack Bodysuit

See it on [Amazon.com](https://www.amazon.com)



## 3-4 pants

Soft, cozy pants with elastic waistbands are best with footies too if fall/winter baby.

### Kushies Packaged Layette 2 Pack Footed Pant

See it on [Amazon.com](https://www.amazon.com)



## 5-7 onesie pajamas

Since babies spend their first 3 months either napping, waking up from a nap, or being rocked back down, you'll want lots of PJs. Get a mix of types for different occasions.

### Little Me Hungry Giraffe Footie, Brown

See it on [Amazon.com](https://www.amazon.com)





### **4-6 shirts**

These are great on top of the onesie undershirts. Snap crotch is best since it's a snugger fit.

### **Lovable Friends 3 Long Sleeve Bodysuits**

See it on [Amazon.com](https://www.amazon.com)



### **4-6 pairs socks**

Forget about losing these in the washer/dryer, baby socks get lost while they're wearing them! But, miraculously, these cute ones stay on.

### **Trumpette Mary Jane Box Set**

See it on [Amazon.com](https://www.amazon.com)



### **24 cloth diapers**

After much trial and error, we now use a mix of SmartBottoms, **AppleCheeks**, and bumGenius diapers. We purchased 24, which was the perfect number since we do wash every 3 days. (Any longer and you risk moldy diapers.)

### **SmartBottoms cloth diapers**

See them on [Amazon.com](https://www.amazon.com)



### **One package of disposable diapers**

Have these on hand for the early days when baby is eliminating meconium or for travelling long distances.

### **Broody Chick 100% Natural Fully Compostable Diapers**

See it on [Amazon.com](https://www.amazon.com)

# Baby Eat



## Bibs

I was told to get lots of bibs of all types. But in retrospect, I would go with mostly plastic. They're easy to clean and quick to dry.

### Bumkins 3 Pack Waterproof SuperBib

See it on [Amazon.com](https://www.amazon.com)



## Burp cloths

You'll want these. Trust me. During the first 3 months, spit up is an everyday occurrence. We tried many kinds but these were the best and worth every penny.

### Bucket of Burpies in Blue Floral

See it on [Amazon.com](https://www.amazon.com)



## Bottles

We love the glass 5 oz. Born Free bottles. Buy just one set if you stay at home or work part-time. Buy two to three sets if you plan to work full-time.

### BornFree Glass Bottle Triple Pack

See it on [Amazon.com](https://www.amazon.com)



## 2 nipple sets for 3-6 months old

You'll want this faster flow nipple as the baby grows. Don't start too early though, as the baby might start rejecting the breast because it's too slow.

### BornFree Nipple, Wide Neck Silicone

See it on [Amazon.com](https://www.amazon.com)



## 2 Sippy cups

Hard to believe, but by 6 months you'll give baby a sippy cup. Granted, most of it ends up on their shirt, but it's good practice.

### Thinkbaby Trainer Cup, Orange, 9 Ounce

See it on [Amazon.com](https://www.amazon.com)



### **Spoons & Forks**

Spoons are for more than just eating – they’re teething tools! Forks are more of a novelty, but it can’t hurt to have a few on hand for baby to practice.

#### **Munchkin Soft-Tip Infant Spoon - 6 Pack, Colors May Vary**

See it on [Amazon.com](https://www.amazon.com)



### **Bowls with lids**

Spoons are for more than just eating – they’re teething tools! Forks are more of a novelty, but it can’t hurt to have a few on hand for baby to practice.

#### **Thinkbaby BPA Free Cereal Bowl**

See it on [Amazon.com](https://www.amazon.com)



### **Plates**

Feed baby safely and in style.

#### **Munchkin Multi Plate - 5 Pack, Colors May Vary**

See it on [Amazon.com](https://www.amazon.com)



### **Baby first foods feeder**

This is a great tool to introduce new flavors without the choking hazard. It’s also makes a superb teether if you fill it with frozen fruits and veggies.

#### **Munchkin Fresh Food Feeder**

See it on [Amazon.com](https://www.amazon.com)



### **Baby food storage containers**

Making baby food in bulk saves time, and these are my favorite storage containers. The “cubes” are the perfect portion size, and the lid closes snugly so no freezer burn.

#### **Beaba Multiportion Freezer Tray - Orange**

See it on [Amazon.com](https://www.amazon.com)



### **Pacifier**

As a breastfeeding mom, I want to keep paci time to a minimum. But these come in handy for code-red crying spells and car rides.

#### **Philips AVENT BPA Free Translucent Pacifier**

See it on [Amazon.com](https://www.amazon.com)







## Highchair

We wanted a non-plastic chair that matched our dining room décor. This overachieving highchair is designed to grow with baby... up to 300 pounds! It also has a sleek, elegant look.

### **Stokke Tripp Trapp High Chair**

See it on [Amazon.com](https://www.amazon.com)



## Highchair seat

This nice little seatback snaps into the Stokke Tripp Trapp highchair.

### **Stokke Eco-Friendly Tripp Trapp Baby Set**

See it on [Amazon.com](https://www.amazon.com)



## Highchair cushion

If you get the seatback, this cushion makes it extra comfy for your little one.

### **Stokke Tripp Trapp Cushion**

See it on [Amazon.com](https://www.amazon.com)



# Baby Play



## Activity mat

Be choosy with your purchase, as baby spends 50% of his day on one of these. We loved this mat because it wasn't over stimulating and it morphed with our baby's development.

### Fisher-Price Rainforest Melodies and Lights Deluxe Gym

See it on [Amazon.com](https://www.amazon.com)



## Swing

Greatest. Invention. Ever. When you're a tired mama with a crabby baby, this device is your best friend.

### Fisher-Price My Little Snugabunny Cradle 'n Swing

See it on [Amazon.com](https://www.amazon.com)



## Baby carrier

I love this carrier because it's simple, super comfortable, and truly hands free! Yes, it's more expensive than most, but it's the only one you'll need. (And go for the sucking pads. Trust me.)

### Ergo baby Organic Ergo Baby Carrier

See it on [Amazon.com](https://www.amazon.com)



## Car seat

Unless you time travel back to the seventies, you're gonna need a car seat. In fact, most hospitals won't let you leave without one.

### Graco SnugRide Infant Car Seat

See it on [Amazon.com](https://www.amazon.com)



## Baby Books

Babies love the simple, bright images in these books - almost as much as they love sucking on the soft, puffy pages.

### Sassy Baby's First Books

See it on [Amazon.com](https://www.amazon.com)





### **Wooden baby toys**

Start with this nontoxic classic, one of my son's early favorites.

#### **Manhattan Toy Skwish Classic**

See it on [Amazon.com](http://Amazon.com)



### **Infant Stroller**

This stroller is lightweight, inexpensive and works with your car seat. Once baby is 6 months plus, you can upgrade to a jogging stroller.

#### **Graco SnugRider Infant Car Seat Stroller Frame**

See it on [Amazon.com](http://Amazon.com)



### **Baby Stroller**

When you're ready to step up to a more rugged and versatile stroller, there's no finer (and more natural) choice than the Bumbleride Indie Natural Edition.

#### **Bumbleride Indie Stroller Natural Edition**

See it on [Amazon.com](http://Amazon.com)



# Baby Sleep



## Crib and mattress

Find a mattress that's made of non-toxic materials, and a sturdy crib that doesn't have a history of recalls.

### Essentia Natural Memory Foam

See their mattresses on [MyEssentia.com](http://MyEssentia.com)

### Oeuf Eco-friendly Classic Crib

See it on [Amazon.com](http://Amazon.com)



## 2 sets of baby bedding

Flat sheets can pose a suffocating hazard. Go with fitted.

### Carters Easy Fit Jersey Crib Fitted Sheet

See it on [Amazon.com](http://Amazon.com)



## 2 waterproof liners

It's all about containing "accidents." You'll need 2 sets to handle the inevitable blowouts.

### American Baby Company Organic Waterproof Quilted Crib and Toddler Pad Cover

See it on [Amazon.com](http://Amazon.com)



## Mini co-sleeper, bassinet, or pack n play

My vote is the mini co-sleeper as it lasts longer than a bassinet but isn't too big. My son used his up to 5 months. Pack n play makes a good travel crib.

### Arm's Reach Mini Co-Sleeper Bassinet - Natural

See it on [Amazon.com](http://Amazon.com)



## 2 waterproof liners for co-sleeper

Depending on your home décor, find one that is made of non-toxic materials, straps your baby in, and will grow with your child.

### American Baby Company Organic Waterproof Quilted Lap & Burp Pad Cover

See it on [Amazon.com](http://Amazon.com)



### **2 fitted sheets for co-sleeper**

Flat sheets can pose a suffocating hazard. Go with fitted.

#### **Arm's Reach Mini Co-Sleeper Fitted Sheet**

See it on [Amazon.com](https://www.amazon.com)



### **2 swaddles**

There's nothing like a tight swaddle to calm a newborn. These are awesome because they don't unravel. Pick fabrics for the climate you are in.

#### **SwaddleMe Infant Wrap Organic Cotton**

See it on [Amazon.com](https://www.amazon.com)



### **2 sleep sacks**

These are the highest rated sleep sacks on Amazon for good reason. Made of natural merino wool, these sleep sacks are 100% non-toxic, breathable, and durable. Don't let the price intimidate you, since baby will literally wear every day of life from 3 mos. to 2 years old!

#### **Woolino Wearable Blanket**

See it on [Amazon.com](https://www.amazon.com)



### **Blankets**

I have over a dozen blankets and only use a few. If you want minimal, 4 would be ample. Be sure to get different weights for various temperatures and occasions.

#### **Fisher-Price Rainforest Jungle Stripe Coral Fleece Blanket**

See it on [Amazon.com](https://www.amazon.com)



### **White noise maker**

If you live in loud home, invest in a good noisemaker. This is the Cadillac of all sleep machines - made in the USA and solid as a brick.

#### **Sound Conditioner Sound Screen SleepMate Electro-Mechanical White Noise Machine**

See it on [Amazon.com](https://www.amazon.com)

# Baby Clean



## Changing table

Depending on your home décor, find one that is made of non-toxic materials, straps your baby in, and will grow with your child.

### Oeuf Eco-friendly Changing Station

See it on [Amazon.com](https://www.amazon.com)



## 2 changing table waterproof liners

Don't let an accident ruin your changing table pad.

### American Baby Company Organic Waterproof Quilted Lap & Burp Pad Cover

See it on [Amazon.com](https://www.amazon.com)



## 2 changing table pad covers

Keep it clean, mama.

### Carters Super Soft Dot Changing Pad Cover

See it on [Amazon.com](https://www.amazon.com)



## Baby wipes

We use Tushies Baby Wipes and love them! These are the only disposable wipes made with non-bleached woodpulp blended with natural cotton.

### TushiesWipes Refills, Unscented Natural Formula with Aloe, 80 Wipe Refill Packs (Pack of 12)

See it on [Amazon.com](https://www.amazon.com)



## Diaper pail

You'll need a place to stash all your used cloth diapers. This is a great, slim can that holds in odors.

### Simplehuman 10L-Liter / 2.6-Gallon Slim Step Trash Can

See it on [Amazon.com](https://www.amazon.com)



### **2 Diaper pail liners**

We love this liner! It comes in fun baby colors and beats plastic bags. We bought two and wash one each time we do diapers.

### **Blueberry Diaper Bag**

See it on [Amazon.com](http://Amazon.com)



### **Wipe pail**

This cute, mini trash is for your used wipes.

### **Simplehuman Mini Step Trash Cans, Plastic**

See it on [Amazon.com](http://Amazon.com)



### **Baby bathtub**

I was hesitant on whether I needed this, but found it invaluable!

### **PRIMO EuroBath**

See it on [Amazon.com](http://Amazon.com)



### **Baby soap & shampoo**

I LOVE Sweet Knee baby products, particularly their “Bubbly Soap.” It’s über pure and lasts forever because just a few pumps washes baby head to toe, including hair.

### **Baby soap & shampoo**

Visit [SweetKnee.com](http://SweetKnee.com) to see & buy



### **Baby lotion & oil**

For daily use, I loved Tropical Traditions body lotion in Baby Fresh scent, of course. Sweet Knee’s Rubbit Oil was a nice treat for baby massage.

### **Tropical Traditions Organic Virgin Coconut Oil Cream**

See it on [Amazon.com](http://Amazon.com)



### **Baby diaper ointment**

Anytime I see irritation, I use Sweet Knee’s Bum Glaze and within 24 hours it is gone. Magic. Another solid option, more widely available, is Lansinoh’s Diaper Cream.

### **Lansinoh® Diaper Rash Ointment**

**3oz**

See it on [Amazon.com](http://Amazon.com)





### **Q-Tips**

I use these to pick low-hanging boogers out of baby's nose. Probably not "doctor approved," but they work like a charm and feel less intrusive than nose syringes.

#### **Q-Tips Cotton Swabs, 500 ct**

See it on [Amazon.com](http://Amazon.com)



### **Nose Syringe**

A good instrument for when baby is really stuffed up. Poor dear! I like this combo set with saline spray.

#### **Little Noses Stuffing Nose Kit, Nasal Aspirator Plus Saline Spray/drops - 1 Kit**

See it on [Amazon.com](http://Amazon.com)



### **Nail clippers**

I found that regular nail clippers work better than baby-safe ones. In fact, the only time our son bled was when we used the baby safe ones!

#### **Revlon Classic Nail Clip - 1 ea**

See it on [Amazon.com](http://Amazon.com)



### **Digital thermometer**

Important to have on hand.

#### **Braun Thermoscan Ear Thermometer**

See it on [Amazon.com](http://Amazon.com)



### **Baby Benadryl**

While it ain't natural, it is a good emergency product in case baby has a raging fever or bad allergic reaction.

#### **Benadryl Childrens Allergy Relief Elixir, Cherry Flavored - 8 Oz**

See it on [Amazon.com](http://Amazon.com)



### **Baby sunscreen**

Most sunscreens are filled with toxic chemicals. Badger's sunscreen is pretty clean, and it seems effective.

#### **Badger Baby Sunscreen SPF 30+ Certified Natural**

See it on [Amazon.com](http://Amazon.com)





### **Baby comb**

Hopefully, your baby has some hairs to comb! Combing is also good for a scalp massage and helps to dislodge cradle cap.

### **The First Years American Red Cross Comfort Care Comb And Brush**

See it on [Amazon.com](http://Amazon.com)



### **Hot water humidifier**

Use a hot variety as the cold water humidifiers can increase airborne bacteria which ain't good for babies.

### **Vicks Warm Mist Humidifier with Auto Shut-Off**

See it on [Amazon.com](http://Amazon.com)



### **2 Baby Towels**

Don't bother with baby robes. Two nice towels are all you'll need.

### **Tadpoles Towel With Hood, 35x35in, Green, 1 ea**

See it on [Amazon.com](http://Amazon.com)



### **10 Washcloths**

Ten washcloths should handle various clean up needs. (These washcloths make great diaper wipes if you want to go super green.)

### **Spasilk 10 pack Soft Terry Washcloth**

See it on [Amazon.com](http://Amazon.com)



### **Natural Sponge**

Great, natural way to wash and exfoliate baby's skin.

### **Baby Bath Natural Sea Sponge**

See it on [Amazon.com](http://Amazon.com)



# Mama Love



## Sitz bath spray

I loved this stuff. It was like taking a bath without having to run the water. It also helped me heal my pregnancy wounds fast.

### Motherlove Herbal Company Sitz Bath Spray 2 oz spray

See it on [Amazon.com](https://www.amazon.com)



## Lansinoh nipple cream

The best stuff around to help heal sore and cracked nipples. I used it after some feedings as a preventative measure. Great thing is, baby can ingest without any harm.

### Lansinoh Lanolin for Breastfeeding Mothers 2 oz (56 g)

See it on [Amazon.com](https://www.amazon.com)



## Nursing bras

Since you breastfeed a newborn 8-12 times a day, you're gonna need these. Buy a few so you don't have to do laundry ever 10 minutes.

### Bravado! Design Original Nursing Bra - Assorted Colors

See it on [Amazon.com](https://www.amazon.com)



## Nursing pads

Prevent ring around the nipple. During the early weeks of nursing, these will keep your leaks discreet.

### Lansinoh Disposable Nursing Pads

See it on [Amazon.com](https://www.amazon.com)



## Boppy nursing pillow

While My Brest Friend nursing pillow has its strengths, Boppy is my overall favorite in terms of comfort, versatility, and longevity.

### Boppy 100% Organic Cotton Slipcover

See it on [Amazon.com](https://www.amazon.com)



### **Pump**

If you want a break from baby longer than 2 hours, you'll need a pump. Be sure to buy extra cones, membranes, and bottles so you don't have to do dishes every day.

#### **Medela Pump in Style Advanced Breast Pump with On the Go Tote**

See it on [Amazon.com](https://www.amazon.com)



### **Pumping bra**

Lifesaver! This bra allows you to pump HANDS FREE!

#### **Simple Wishes Hands Free Breastpump Bra**

See it on [Amazon.com](https://www.amazon.com)

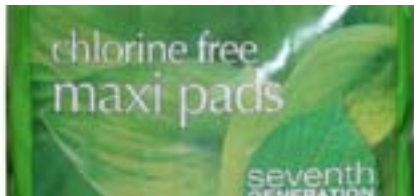


### **Breast milk storage bags/bottles**

You'll be using lots of these if you pump. Even if you don't work, you'll want to store the extra milk you pump. (I found Lansinoh bags to leak when defrosting.)

#### **Medela Pump & Save Breastmilk Bags - 50 pack**

See it on [Amazon.com](https://www.amazon.com)



### **Maxi pads**

This is for the lochia that sheds with vaginal delivery for 4-6 weeks post delivery.

#### **Seventh Generation Chlorine Free Maxi Overnight Pads, 14-count Packages (Pack of 12) (168 pads)**

See it on [Amazon.com](https://www.amazon.com)



### **An invaluable book**

I wasn't drawn to What to Expect When You're Expecting, but this follow up is excellent, with great tips and development updates divided by month.

#### **What to Expect the First Year**

See it on [Amazon.com](https://www.amazon.com)