

## IDEAL BABY SHOPPING LIST

Categories	Item	Usage
<b>Feeding the baby (Breastfeeding)</b>	Breast pump	You will need this if you intend to breastfeed for long. They are manual pumps as well as electric pump. Choose a pump that is easy to use and clean. Ask the shop attendant to demonstrate usage
	Nursing Tops or blouse	Make breastfeeding in the public easier.
	Baby Banda Nursing Cover	Privacy during breastfeeding & as a feeding apron during weaning
	Nursing bras	The trick to buying nursing bras is not to buy too early and too many at one go. The reason: breast size fluctuates. Cup size is the largest during the early days of breastfeeding and will shrink after a few months of breastfeeding. It is important not to wear under wired bra during pregnancy and while you are breastfeeding. Wearing under wired bras during pregnancy will affect the development of milk glands resulting in clogged ducts during breastfeeding. 100% Cotton is best as it allows air to circulate and prevents yeast infection.
	Nursing pads	An important item when breastfeeding; breast pads help prevent embarrassment and staining from leaking breasts. You can either get disposable or washable breast pads. Wearing soaked pads for any length of time is not recommended as this makes nipple conditions such as yeast more common. When washing reusable pads, be sure to avoid liquid fabric softener as it can impede the pad's absorbency.
	Baby Banda's Breastfeeding pillow	A nursing pillow allows you to breastfeed comfortably by supporting the weight of the baby. The Baby Banda Nursing pillow has multiple uses like supporting the back of the baby when he learns to sit and propping the baby when he is having nose congestion or for exercise.
	Nipple cream	To soothe sore and cracked nipples during the early days of nursing though the best natural remedy is to express some of your breast milk especially hind milk, rub it on the nipple and air dry your breasts.
<b>Feeding the Baby (Bottle feeding)</b>	Sterilizer	To sterilize the bottles you can use a sterilizer which allows 6 bottles to be sterilized at one go. This sterilizer also keeps the bottles sterilized for 6 hours if you don't open the lid. However, if cost is an issue one can purchase baby sterilizing liquids e.g Milton's, Sterol etc. Boiling and use of boiling hot water is also an effective way of sterilizing
	Bottles	There is a wide variety of bottles to choose from in the Kenyan market. However, one should choose a bottle that is durable, easy to clean, and with a soft enough teat for ease of suckling by the baby
	Formula container	To be able to carry formula when travelling.
	Bottle scrub brush	Comes in different shapes and materials. Sponge brush cleaners clean better. They should also be sterilized and replaced frequently.
	Bottle detergent	Any non toxic cleaning detergent can be used
	Teats	Choose teats that are better for teeth development. Choose the appropriate size for your baby. Buy two initially as you need to change the teats when your baby grows. Please note that most teats are not interchangeable and might not fit a different brand of bottle. Most teats must be discarded after two months of use. Check the usage instructions for your brand of teats.
<b>Nursery</b>	The Baby Cot or Bed	The bed or cot should be firm and made of safe material. To save money, one can purchase a bed that is adjustable and versatile such that it can be used for a longer period of time, eg the sleep height can change as the baby learns how to stand to avoid falls etc
	Baby Banda's Fitted Cot Sheet	SHEET WITH SIDE ELASTIC TO FIT ONTO THE MATTRESS COMES IN 2 SIZES (24X48 & 28X52). AVAILABLE IN THE FOLLOWING FABRICS: 100% cotton white, 100% flannel, 100% cotton printed
	Baby Banda Baby Set	Square Pillow and Tube Rest i.e Lumber roll to support when sleeping
	Baby Banda Multi purpose mat	FLANNEL SHEET MAT (1.2m x 0.75m) With waterproof base can be used as a changing mat or crawling mat is for babies to exercise and play. Tummy time for the baby is extremely important for the physical development of the baby.
	Baby Banda's Cot Bumper	For padding bed. Comes in 2 options: 7 piece set (2 lumber rolls, baby pillow and 2 cot bumpers) and 8 piece set (all the above + a fitted cot sheet 24x48)
	Moses Basket	You can use this to lay your baby down for a nap when in different rooms or when visiting family and friends
	Chest of drawers	To place all your babies clothing get a good quality non toxic chest drawers.
<b>Layette (basic collection of clothes and accessories babies will need through his first few weeks)</b>	Tops Pants Bodysuit Sleep Suits	It is better to get front-button shirts instead of pull overs. It is sensible to get several sizes larger as kids grow at an amazing rate.
	Receiving blankets	To wrap the baby up. Some experts advocate for swaddling the babies and others don't, follow your baby's cues, if they like it then you can go ahead and swaddle them.
	Booties and scratch mittens	Babies should wear mittens up to two months of age as babies at that age is trying to learn the world around them through their sense of touch. Try to get mittens and booties as small as possible for newborns.
	Towels and face cloth	Terry hooded cotton cloth towels that helps easily wipe off the water after washing your newborns hair. You can also buy 2 big towels to use as the baby grows
<b>Bathing and changing accessories</b>	Bath Tub/ container for sponge bath	You can bath the baby even before the stump of the umbilical cord falls off which usually occurs in the second week after birth. You could also squeeze drops alcohol from alcohol swabs onto the cord to clean and dry it. Always use cooled boiled water to wipe the areas around the baby's eye and face starting from the cleanest part of the face, which is the eye. Buy a good size of tub taking into consideration the growing baby so that you might not need to change it too soon.
	Bath Seat	You may want to use a bath seat when the baby is about 4 months old so that you may use the showerhead to bathe the baby. It saves water and time.
	Heater	It is good to get a heater to heat the room as babies tend to lose their body heat very fast. Heat the room for a few minutes before starting the bath

	Changing table	It is actually not necessary but if you need to buy one, make sure that it comes with a safety belt to prevent baby from falling off especially when the baby starts to turn. You can also use a changing mat placed on the bed or any stable
	Small dish container	10-12 inches diameter. To wipe baby's eye and face. Remember to use only boiled water during the first month as newborns have very sensitive skin. This is also used for diaper changes as it is recommended that you use water and cotton wool during this time
	Bath sponge	You can use a sponge bath is gentle on the skin but cleanse efficiently. Some people prefer to use cotton cloth hankies.
	Cotton wool	It is actually more economical to get big rolls of cotton wool than balls of cotton and they work equally well if you soak them in water.
	Bathing gel and moisturizer	It is important not to use soaps directly on the baby's skin. Remember to place the bathing gel on bath sponge first.
	Cotton Buds	They are not really recommended as sometimes the cotton can get stuck on any the baby's small nose or ear, use a piece of folded cotton hanky instead
	Sterile cotton swabs & Cord	To use on umbilical cord. Some hospitals provide this, so check with your hospital.
	Baby Wipes	Baby wipes are convenient to use and most companies produces wipes with moisturizing properties. With such a wide variety in the market, you can experiment and find one that does not react with your babies sensitive skin
	Safety pins	For use with cloth diaper but if you are using pilchers (pants worn over diaper) then this is not necessary.
<b>Diapering necessities</b>	Disposable Diaper / Cloth Diaper	Some people swear by cloth diapers as it is more economical and they claim is able to "breath" better than disposable diapers. For cloth diapers, 24 pieces is good enough for a start. If you use disposable, then get a brand that remains dry and is
	Barrier cream	Popular brand are Drapolene, Zinc and Castor Barrier Cream, H & M Petroleum Jelly etc. The barrier cream you apply allows for the baby's bottom to remain dry.
	Cotton wool	Using wet cotton wool to clean baby's bottom is actually better than using baby wipes as wipes contains fragrances and some babies are allergic to them.
	Nappy liners	If you are using cloth diapers, you should get nappy liners as they are easier on the baby's skin.
<b>Traveling necessities</b>	Baby sling carrier	Buy a sling that is comfortable for both you and the baby. It should provide enough support for carrying the baby. However, in Kenya, the age old 'leso' works just as well as long as you have the right technique tie it
	Pram	Not as necessary but it does make moving around easier
	Car seat	It is very important a baby to be well protected when they are in a car. Choose an age appropriate one for the baby. Less than six month should have a recliner car seat as they not yet able to sit up
	Hand wipes	Use this to wipe hands before feeding the baby.
	Baby Banda Diaper Bags	Made from cotton material. There are two types of bags – Cotton Diaper Bags & Khaki Diaper Bags
	Diapering pack	Disposable diapers, cream, wipes and Baby Banda changing mat
	Bottle cum warming bag	Can use it to carry your expressed breast milk.
	Thermo flask / milk bottles / powder	For Formula fed babies.
<b>Others</b>	Baby monitor	Good if you are staying in a 2 storey house but there is no need if you stay in a one level flat, as you can hear the cries of most babies.
	Thermometer	This is very important. There are several ways to measure the temperature of a baby. You can use ear thermometer or digital thermometer. Ear thermometer : Measures the infrared heat of the eardrum, which is very close to the temperature control centre of the brain. Expensive but convenient. Digital thermometer : It is cheap and can be used to measure oral, rectal, auxiliary. However, oral temperature taking is not advisable for young children. Rectal measurements are slightly higher then oral measurements. An underarm measurement is impacted by room temperature, so accuracy is more difficult to achieve. Underarm measurements are lower then oral measurements.
	Nail clipper	Do not use it on new born babies as the nail bed is still fused to the tip of the nail. Use a scratch mitten instead if you are worried that babies will scratch their faces. However babies also need to learn to feel so at some point those mittens need to come off. Perhaps when you notice baby is more aware so that he/she will not unknowingly scratch their face.
	Electric bottle warmer	A bottle warmer is fantastic especially useful in heating up expressed breast milk. It will not overheat the breast milk. Overheating kills the antibodies in the milk. NEVER microwave the bottle to heat up the milk as the milk might be heated up unevenly and this can scald the baby.
	Rattle Mirror Baby gym	Toys for babies. Most babies won't appreciate it until about a month old.
	Electric flask	Quick access to hot water especially during confinement period.
	Baby Banda Maternity	Disposable Maternity Pants for women convenient before and especially after child birth
<b>Laundry washing</b>	2 –3 Pails	Good to have a separate pail for washing babies clothes and the adults. Have a few pails to allow soaping and rinsing of clothes.
	Basket for baby laundry	A plastic pail is usually sufficient.
	Clothes hanger for drying	Hanger with clips or pegs for hanging the clothes
<b>Books</b>	Parenting and Babycare books	The best you can do for your baby now is to read. Many pregnant mothers tend to spend too much time on pregnancy guide books and forgot about babycare books. When the baby arrives, it will be too late as you will not have the time to read. So start your parenthood in the right way by reading early.