

## ESSENTIAL 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 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 buy washable pads as they tend to be cheaper. 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.
<b>Feeding the Baby (Bottle feeding)</b>	Sterilizing	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
	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, e.g. the sleep height can change as the baby learns how to stand to avoid falls etc
	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.
<b>Layette (basic collection of clothes and accessories babies will need through his first few weeks)</b>	Tops Pants Rompers / 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 are 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	To save money you can use nappy or washable diaper cloth, it is not only useful for diapering but to towel dry the baby, wipe the saliva and burps. As it is 100% cotton, it absorbs water very well and dries very easily too. To make small pieces of face cloth out of a diaper cloth, cut the diaper cloth into smaller pieces and hemmed the edge using tape binders to prevent the ends from frilling. Each piece of cloth diaper can be cut into 6 pieces of face cloth.
<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 of 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.
	Baby Banda Multipurpose	Used for diaper changes. Fits snugly into the Diaper Bag
	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
	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.
	Sterile cotton swabs & Cord Safety pins	To use on umbilical cord. Some hospitals provide this, so check with your hospital.
		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 it is able to "breathe" 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
	Cotton wool	Using wet cotton wool to clean baby's bottom is actually better than using baby wipes as wipes contain 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 to tie it
	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
	Bottle cum warming bag	Can use it to carry your expressed breast milk.

<b>Others</b>	Thermometer	This is very important to measure your babies temperature if you suspect a fever 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.
<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.
	Clothes hanger for drying	Hanger with clips or pegs for hanging the clothes