

Hey there moms,

As requested, a complete list of stuff!

Books we recommend:

[Ina May's Guide to Childbirth](#) by Ina May Gaskin

[The Complete Book of Pregnancy and Childbirth \(Revised\)](#) -- by Sheila Kitzinger

[The Baby Book](#) by Dr. Sears

[The Vaccination Decision](#), compiled and updated regularly by Abigail Surasky, addressing pros and cons. \$14.

Nursing Resources

[La Leche League](#) consultants and meetings are useful and informative. They have great handouts on the handling of breastmilk (rules for freezing, thawing, etc.), and on how to express milk if you're having trouble with supply, or are engorged.

[The Womanly Art of Breastfeeding](#) put out by La Leche League.

<http://www.geocities.com/lllbrea/books.html> for a nice list of books on breastfeeding and weaning.

http://www.lalecheleague.org/Web_store/web_store.cgi La Leche League's complete catalogue of books, videos, tapes and other products addressing many aspects of childrearing, nursing, fathering, special circumstances like adoption, etc.

www.Breastfeeding.com - Entertaining and informative website. You can sign up for their e-newsletter. Also visit the archives for commonly asked questions with good answers from lactation consultants.

Magazines and Discussion Boards

www.Mothering.com - Subscribe to [Mothering magazine](#) (presents the alternative all-natural side. Purist for some, but well produced and fairly popular.) The website has [active discussion boards](#) where you can post questions for almost any topic related to pregnancy, birth, and parenting. Good place to get feedback on products, techniques or advice from a large pool of moms who've tried everything. You can access their archives. Also a Queer Parenting section. Good articles, too.

www.compleatmother.com - [The Compleat Mother newsletter](#) geared towards the homebirth crowd.

Websites

www.babycenter.com - You can sign up to get an e-update every week on your baby's stage of development, which can be helpful. Also interesting articles and news updates, though primarily mainstream. They also sell tons of stuff, which is why they want you at their site. Still a useful resource and easy to bypass the store.

<http://www.epinions.com/kifm> - A great place to see opinions and ratings from other parents on a complete range of baby/kid products from car seats to cloth diapers to strollers to toys, etc. Looks like there is financial incentive for writing reviews, so it's pretty active. All other product categories (not just kids' stuff) are on this site as well.

Bay Area Resources

www.parentsnet.org - Neighborhood Parents Network. Great website. Volunteer-run non-profit. Join to get great newsletter with free classifieds, a wide variety of playgroups and support groups, informative school fairs (East Bay), directories of schools and preschools, excellent music class, lots of other wonderful services.

<http://parents.berkeley.edu/> - Berkeley Parents Network and Newsletter – Fantastic online resource! Post questions, get answers from local parents on *any* topic.

www.eastbaymoms.com - East Bay Moms has weekly hikes and other activities.

www.eastbaydads.com - See above.

www.ourfamily.org - The Bay Area Lesbian Gay Bi Trans and Family Group. Membership is \$25/year and they put on 1-2 events/month and have a bimonthly newsletter. They encourage prospective parents to join and start networking and also have a Grandparents, Aunts and Uncles program.

<http://www.bananasinc.org> - Bananas is a free babysitting referral resource, used baby clothes exchange, and has classes for parents, including CPR. It's a wonderful non-profit in Oakland on Claremont (near Telegraph).

<http://users.lanminds.com/sherry/> - This is Sherry Reinhardt's site. She's an RN, MPH, and mother. She's in Berkeley and well-known for her support groups. The moms aren't usually homebirth types, if that matters. But this is at least an informative website.

The Berkeley YMCA. Great childcare, classes for mom, baby, and both. Don't knock it 'til you've tried it. You can't beat the childcare while you go work out or relax. Postnatal classes for moms where you can bring your baby are usually great (depending on the teacher). There's also postnatal yoga, and infant swim classes starting at 6 months. Private swim classes starting earlier.

Helpful info for a little later.

Pooping

<http://seafish.freeyellow.com/index.html> - This is an interesting website on "Elimination Communication." What's that? It's how to be in sync with your baby's schedule of peeing and pooping so you don't have to rely exclusively on diapers. It's not really toilet training in the rigid sense of the word, but leads to early potty use. It's based on the methods used in third world countries, but how to apply it in an industrialized country. There's a link to special padded underwear with snaps to make the process go easier. This site also has info on perineal massage after an episiotomy, and dealing with candida/yeast problems.

<http://boards2.parentsplace.com/messages/get/ppeliminationtraining12.html> - a discussion board with other parents actually trying "Elimination Communication."

Sleep

<http://www.drjaygordon.com/pediatrics/sleep.htm> - This is an interesting article by Dr. Jay Gordon on, perhaps, a more humane way of shifting baby from the family bed to sleeping through the night. It's somewhere between the exclusive attachment parenting style of Dr. Sears, and the popular crying it out method of Dr. Ferber.

Swimming

http://www.amazon.com/exec/obidos/ASIN/0967484367/qid=1008664090/sr=1-4/ref=sr_1_15_4/002-5435329-3137625 - This links you to a great instructional videotape to buy on teaching your baby to swim called "Water Babies". Amazon seems to have the best price, of course. On the video is a 1-800 number where you can order great baby fins. You

can send a \$35 money order for the baby fins to Gina Ambrose (the instructor on the video) at 973 Apricot Ave; Campbell, CA 95008.

Shopping! Clothes, toys, baby furniture.

Second hand:

1. **Darla's** in El Cerrito on San Pablo
2. **Second Banana** in Mill Valley on Miller (same street as Whole Foods).
3. There's another one on College that's good for clothes.
4. **Toy Go Round** on Solano – great new and used toys.

New stuff.

1. **Rockridge Kids** on College – They have everything! Fun store.

Catalogs:

1. **Ecobaby** 1-888-ECOBABY www.ecobaby.com
They have a wide variety of natural products, clothes, reference books and wood toys.
2. **Babystyle** 1-877-378-9537 www.babystyle.com
Hip maternity clothes, and infant clothes. A variety of useful products. Nice stuff.
3. **Motherwear** www.Motherwear.com
Great nursing clothes for mom, fashionable and comfy stretchable pants, nursing pj's, nursing bathing suits, a few cute kids' outfits, but mostly stuff for mom.
4. **Wee bees** 1-877- 933-2337 www.weebees.com
Very complete collection of baby stuff.
5. **Kids Stuff** www.kidsstuff.com
Order their catalog for a variety of things you may not have thought of, that you don't necessarily have to buy from them. You do get on their list though – which they probably give to others. The website is not as complete as the catalogs.

Cheap new stuff:

1. **Target** – Can't forget about Target. They have so much useful crap!

Some basic necessities of the first 3 months:

For mom:

Sitz bath herbs for postpartum (get from midwives)

Amber salve (and sun!) for sore nipples (this salve also good for diaper rash – see below.)

Nursing bras (Bravado is a good line.) Claudette and Cotton Company on College (Rockridge) is supposed to be VERY helpful.

At least 2 nursing tops (Motherwear.com is usually great)

Stretch pants/skirts/shorts to adjust to changing postpartum shape (Motherwear.com)

Cream colored tops camouflage spit-up the best. Black is the worst.

Nursing bathingsuit (Motherwear.com again). Well worth it if you and babe plan to enjoy water together!

Nursing pajamas. Convenient if you're nursing and co-sleeping, especially on chilly nights.

6 breast pads (more or less depending on how much you leak.)

Menstrual pads for postpartum.

Put your dresses in storage! You won't be able to nurse in them.

Postpartum massage, postpartum yoga, an abundance of good food and lots of fluids for a huge appetite and lots of thirst if you're nursing, good books and videos.

For baby: You surely don't need all this stuff but you might want to consider it ...

2 newborn hats

1 or 2 slightly bigger more stylin' hats to grow into

2 - 4 "sacs" for sleep: the kind of whole body outfit with elastic instead of legs

3 whole body suits that cover the feet

3 that don't cover the feet

4 receiving blankets

2 baby blankets

6 spit up rags - get the good kind. It's worth it. They are white cotton with different colored sewn rims.

2 pairs of slip-on booties

5 pairs of socks

1 warm fleece hooded jacket that protects neck

3-4 pairs pants

4-6 tops

Sun hat if warm sunny weather. REI has them seasonally. So does Ecobaby (above).

Light clothes depending on the season.

Padders – a good brand for soft shoes.

Baby bathing suit. Avoid the disposable kind that don't work well. The Y sells the best kind for \$5 – maybe to members only.

The "Halo Infant Sleep Sack." It's a blanket substitute that comes in flannel (lightweight) or fleece (warmer). They wear it so they can't kick it off, and Mom sleeps better knowing this. It's not enough by itself for super cold nights, but great with warm pjs and an extra blanket. It's put out by the SIDS alliance since it's supposed to prevent kids from smothering in blankets. Find it at: <http://www.halosleep.com/sleepsack.html> If you sew, this looks easy to make.

Diapers:

Cloth Diapers - If you buy your own cloth diapers (don't even think about it if you don't have a washer and drier at home), go to www.Mother-ease.com 1-800-416-1475. We got:

- 24 "One size" diapers
- 24 cotton wipes
- snap covers (not velcro, which stick to everything in the wash and lose their strength with washes) 6 each of small, medium and med-large, with a different pattern for each size to tell the difference easily
- 6 liners for overnight
- It'd be good to get 6 or more of the newborn diapers, too.

Disposable diapers - Not a bad idea to also get some newborn size "Tushies" for overnight at first. They have less chemicals than other disposables and are available at healthfood stores.

Try different diapers for different situations as babies, parents and conditions vary.

Diaper Cleaning

The detergent we used at first was Bio-Kleen Premium Plus with Color Safe Oxygen Bleach from the healthfood store. After your baby starts eating solids, we switched to industrial strength regular detergent! Arm and Hammer seems pretty good. Use hot water every few loads, otherwise warm or cold.

Little Squirt – From www.weebees.com, called Little Squirt.

2 diaper pails. One for the bathroom for poopy diapers, one by the changing table for non-poopy diapers. You can get them at Toys-R-Us, and then take out the fancy lining that makes it for disposable diapers. Wee bees has a couple types also.

Diaper pail cleaner - If diaper pail is smelling too gross (we never needed to use this), add:

- Water
- Arm and Hammer Washing Soda
- Bio-Kleen

Wipes accessories

A cloth wipes holder and warmer. Keeps cotton cloth wipes in constantly warmed water.

Available at: www.organicbebe.com/accessories.asp

Homemade wipe solution. Recipe for wipe solution we used, and put in spray bottle:

- 1/4 cup pure aloe vera (Aubrey Organics is good)
- 1 TBSP calendula oil
- 2 tsp natural baby shampoo
- 2-3 drops lavender oil
- Add 2-3 drops tea tree oil if diaper rash
- Put in spray bottle with enough water to fill.

Diaper Bag

Diaper bag

REI has a good diaper bag/backpack. It's probably the most economical and useful one around.

The more pricey backpack diaper bags are great if you carry a lot of stuff and want a bunch of compartments. The one people use is \$80 through www.onestipahead.com (1-800-274-8440) and is item# 06687 "High Performance Backpack Diaper Bag."

In the end, probably the easiest to use is a cotton shoulder-bag with one main compartment and small side pockets, and a changing pad in some hand-me-downs. That's it. Works great.

TIP: Get a bag your spouse would carry, too.

1-2 draw string nylon bags (REI?) or plastic bags for dirty diapers if your diaper bag doesn't already come with these.

Diaper Rash

Diaper rash ointment (Amber salve – Chinese herbal ointment. Or ointments with zinc oxide – California Baby Diaper Rash Cream for fragrance and easy spreadability.)

Changing table stuff:

Changing table or snap-on changing area that fits onto a table or dresser.

3-4 covers for changing table mat or surface.

4-6 squares of light water-resistant canvas to put on changing table (so changing mat doesn't get stained and stinky). You can just get 2 sheets and cut them in half to get 4.

Black and white mobile. Colorful mobile for later.

Mirror for baby to see him/herself at the changing table is very helpful.

Car seats / strollers / slings / on-the-move paraphernalia:

Flat car seat for the first 2-3 months to help baby's soft spine develop with no added upright stress.

Rear-facing portable car seat with sun protection. The lighter the better, but it still won't save your wrist if you use it much. That's where the carseat/strollers are good.

Mirror for backseat of car so you can see your baby. Available in baby catalogs.

1-2 strollers. Features to consider: a sturdy one you can jog with (doesn't necessarily have to be a "jogger"), with plenty of room below for storage, that baby can recline in, with hood that covers baby well. A second one might be a lightweight one for on-the-go. Then there're joggers, depending on what your needs are. There's also the strollers with a portable carseat on it – convenient, but won't last long.

Stroller rain cover if you think you'll walk in the rain, or get a stroller with an attached umbrella.

Black and white dangling toys for stroller, colorful toys too.

Sling or other baby carrier – These are absolutely fantastic! The upright carriers (eg baby bjorns) are not recommended by some because it is believed they put stress on the hips and spine while the bones are still soft. Many people love the padded slings because the baby can lie flat in it at first, lie propped up in it later, and eventually sit upright with her legs crossed and facing outward like a baby kangaroo.

www.mayawrap.com - The Maya wraps are beautiful and run \$37, but no padding.

www.babymain.com/slings/sling.htm - These look like great and run \$35 - \$46 depending on the fabric. Great selection here of fabrics, well padded.

Baby Bath, Health and Hygiene:

Umbilical cord stump herbal mix (3/4 golden seal powder, 1/4 powdered oregon grape root powder mixed. Preferable to alcohol, which is carcinogenic. Just sprinkle on umbilical stump a few times a day.)

Baby bath for sink. You can take a bath together most of the time, but if time was a factor, the sink was a great option, in which case a baby bath is almost a must.

Natural baby shampoo – like California Baby botanical shampoo (at any health food store).

2 hooded baby towels

Baby thermometer for ear, and rectal thermometer

Nasal aspirator for snot – nose bulb. They work great once your baby gets use to them.

Baby nail clippers, unless you prefer to nibble baby's nails short.

Q-tips. Cotton balls.

Pacifying

Bouncy seat with good toy bar on it, vibrator, and sun protection

Pacifier – Overuse can lead to ear infections. And it can be a drag to wean them from their "binky" if they get really hooked.

Sleep

Lullabye CD's, but most importantly, 2 or 3 Bob Marley CD's. The big secret about Bob Marley is that his music gets babies to sleep!

Sheepskin. Nice to lay baby down on, or put in stroller.

Baby monitor – Even if your home is quiet and small enough to hear your baby in another room, a monitor is great if you're at someone's larger house or during a party where you

couldn't otherwise hear the baby waking up from a nap. Get the kind that can also be battery operated so you can use it in the car for when you park in a safe place right near you.

Nursing

Boppy - firm nursing pillow that goes around your waste, preferably with velcro, and the velcro in the back, not the sides which wake up baby. Doesn't have to be this brand. Not everyone loves these. Part of it has to do with size and shape of mom and baby. It can save your shoulders and back for regular nursing, was useful for spending 20 minutes on the computer while nursing, and was a secure way for her to sleep on my lap on airplanes. Also put on floor for baby to learn to sit up in. Ones for twins, which are bigger, are great for just one baby and maybe even better.

Prepare designated nursing spots where you can be surrounded by pillows that support your posture, side tables to hold water bottle, phone, journal, pen, reading material, TV remote, sketch pad. Whatever you will want to entertain yourself if you get pinned down for an hour or more by a sleeping/nursing baby.

Pump – Medela has the best. Expensive but may be worth it.

Bottles – Avent is the brand most babies adapt to the easiest. It's good to get a bunch of different nipples (slow-flow for newborns).

Baby Play

Big waterproof blanket so baby can roll around naked (they love this) and peepee accidents are OK. Probably not needed until about 4 months or so. Find one at www.onestepahead.com (1-800-274-8440) that's 54" x 72" for \$35 (item 02970). They have a smaller one that 54" x 36" for \$15 (item 05978). They're a bit like astro-turf, but washable and great for picnics and the beach, also.

Natural first aid kit:

Eucalyptus oil, thyme oil, sage oil – for coughs

Vaporizer (not humidifier which collects fungus more easily, according to Dr. Sears)

Chamomile tea – for tummy and to relax

Highland's homeopathic colic tablets (they melt upon contact)

Yin Chiao Jr. – Chinese tincture for colds

Pills Curing – Chinese herbs for diarrhea or constipation

Other Chinese herbs as needed.

Fresh fennel for a tea for colic

Newborn health:

Craniosacral therapy – great to do for baby (and mom) ASAP postpartum. Nancy Burke at 510-236-1007. Her work is magical and she does lots of babies.

Pediatrician – An open-minded pediatrician is Janet Perlman in Berkeley and Oakland.

There's also a Lindy Woodard, MD, in Mill Valley who also does homeopathy, and Dr. Ifeoma Ikenze in San Anselmo who is more experienced (well-known MD and homeopath).

Homeopathy – Great for babies. If there are health issues beyond what you feel comfortable handling on your own, there's Christine Ciavarella at Hahnemann clinic in Albany. They have a doctor who can help you get visits covered by insurance.

Family entertainment

Thank goodness for the Parkway Theater: Picture, Pub and Pizza in Oakland! (1834 Park Blvd., just east of Lake Merritt) <http://www.picturepubpizza.com/Calendar/> They have Baby Brigade night every Monday at both 6:30 and 7:00, showing first and second-run flicks for only \$5 for parents with babes in arms only (no toddlers). They have regular theater seats as well as comfy chairs and couches with tables. Get there at least 45 minutes early if you want to get in!! Order dinner (pizza, salad, pasta, etc.) at their counter, waiters will bring it to you in the theater. Eat dinner and mingle with other parents and cute babies while waiting for the movie. Hopefully your baby will be nursing or asleep by the time it starts. Expect a din of babies during the film, and don't feel bad if yours is the loudest.

Last but not least, having trouble picking a name?? Check out this website:

<http://www.kabalarians.com/gkh/your.htm> (scroll to the bottom) – Look up any FIRST NAME (I mean *any*) and get a FREE personality reading – including both positive and negative attributes for every name - based on numerology. If your curiosity is peaked, they charge a reasonable fee to get a more comprehensive reading that includes middle and last names plus birthdate. And if you have money to burn, they'll recommend a name that is the most balanced according to their system for a lot more money.

This is what we came up with from Berkeley Family Acupuncture. It's a bunch of stuff, and you surely don't need (or want) everything. But have a great time with it all.

If you have useful information to add to this list, you can email it to **Dennis W. von Elgg, L.Ac.** at dennis@vonselgg.com or call me at (510) 883-1340 or (925) 253-0685 ext. 3#.