

Preparing for Parenthood!

Stuff for Mummy

No	Item	MUST BUY Brand	Quantity	Remarks	Source	Price
1	Maternity Sanitary pads	Pureen	2 packs	Alternative: Use night time heavy flow sanitary pads	NTUC, Watsons	
2	Nursing nightgowns/pyjamas	Fabulous Moms		Good to have nursing tops with easy access openings (2) for breastfeeding, not necessary, normal home tee shirt will suffice, just lift up or pull down to nurse	Kiddy Palace	
3	Nursing bras	Autumnz, Fabulous Moms	5 pcs	Nursing bras need to be wireless and non restrictive to prevent blocked ducts	Kiddy Palace, MotherCare, Spring Maternity, Q100	
4	Nursing wear			Anything that is buttoned down, or easy to pull down with Vneck	Q100, online, Uniqlo, ASOS	
5	Disposable cotton panties		30 pcs	Alternative: old men's underwear to fit thick bulky maternity sanitary pads for first few weeks after birth		
6	Disposable or washable breast pads	Lansinoh, Medela, Pigeon, Tollyjoy	2 boxes	Not necessary if breast do not leak or don't mind having milk stains on shirt		
7	Nipple cream	Lansinoh, Medela	1 tube	Not necessary if baby latches on deep and well, can use breast milk to apply and air dry as alternative		

Stuff for Baby

No.	Item	MUST BUY Brand	Quantity	Remarks	Source	Price
1	Stroller	Bugaboo Bee, Quinny, See Baby, Peg Prego, Maclaren	1	Bugaboo Bee: Easy to maneuver, looks great and comfortable ride for child. Factors to consider for selection of stroller: 1- size/external dimensions must be able to fit into car boot when closed. 2-ease of operation; is it a one handed or 2 handed open-close. can mummy operate it by herself when alone tiwh baby and bags etc, 3-cost, 4-ease of using the stroler on the escalator, 5- sturdy/safe enough? will stroller topple over with heavy bags on handle, 6- storage space underneath	Mothercare, Amazon	\$1.3K
2	Adaptor for stroller to attach car seat	Bugaboo	1	Allows for easy attachment of car seat to stroller	Mothercare	
3	Car Seat	Maxi Cosi Cabriolet, Britax, cosatto	1	Can be easily fastened into car by seat belt and removed with baby inside still sleeping and attached onto stroller with adaptor Factors to consider for selection of car seat: 1-size, can it fit into the car, 2-how is it attached/fastened into car-is it by seat belt or isofix points? does your car have isofix points? 3- what age/weight range can it be used from and until how old/heavy child is? 4- backward facing is recommended until 2 years of age	Mothercare, Amazon	

4	Baby ring sling	Didymos woven wrap ring sling, Moms in Mind (thebirthshop) basic cotton ring sling, Tula ring slings	1	Useful for newborn weeks (0-3 months=forth trimester period) as baby needs to be carried and comforted. Mummy's chest is Baby's habitat during the first 3 months of life. Keeps mummy hands free to allow her to eat and do other things.	Didymos, Tula.com, 2nd hand from Singapore Babywearing FB Group,	~\$50-100 or more
5	Baby Carrier	Tula, Manduca, kokadi flip, emei baby, Kol Kol	1	Useful for baby when 3mths and above when out and about with baby. Manduca has inbuilt infant insert. Cons for Manduca: Material hot, baby very warm, designs limited, wasit belt not very comfortable. Pro: has inbuilt infant insert for newborns. Tula is much more comfortable than Manduca and has MANY pretty designs. Con: needs a separate infant insert for newborns. Kokadi flip and emei baby can be used from newborn onwards without the use of inserts or inbuilt inserts. DO NOT GET BJORN, ERGO 360. T.I.C.K.S RULE FOR SAFE BABYWEARING, T = Tight I = In view at all times C = Close enough to kiss K = Keep chin off the chest S = Supported back	https://www.facebook.com/baby carriersrentalsg/ Tula.com http://www.babyslinsandcarriers.com/ #06-01, 39 Jalan Pemimpin, Tai Lee Building, Singapore 577182. https://www.facebook.com/groups/babywearingsg/	~\$150 or more
6	Diaper bag	Jujube BFF	1	Many mummies rave about Jujube bags which is machine washable, with many roomy pockets and mummy slot for handphone, makeup and keys with included diaper change mat and a side pocket to keep warm milk	Marina Square Maternity Exchange, Pupsik.com	~\$200
7	Wet-dry bag		1	useful for dirty and wet clothes. Can use ziplock bags as alternatives	Q100, online, baby fairs	
8	Diaper-changing Pouch		1	small pouch to keep diapers and wetwipes when out and about for easy grab and go		
9	Pacifier and Pouch		1	not necessary if baby is breastfed and refuses pacifiers		

Sleep

1	Cot/Playpen		1	Cot not necessary if baby breast feeds co sleeps with mummy. Playpen is useful when baby starts to become mobile and you want to contain him/her in an area. However, its use lifespan is pretty short.. Just few months..	Baby fairs, Mothercare, Kiddy Palace	~\$300-500
2	Cot mattress	Sleeppost, Babysafe	1		Baby fairs, Mothercare, Kiddy Palace	
3	Cot bedding sets		3		Kiddy Palace, Mother care	
4	Waterproof mattress protector	Q100	2	Useful for newborn months 0-3 or 4 months when baby may spit up often or have diaper accidents. Saves total change of bedsheets.	Q100, online	
5	Blanket		2			

6	Bean pillow	Cheeky Bonbon (Taka & JL)	1		Kiddypalace, baby fairs	
7	Cot Mobile	Fisherprice, Tiny Love	1		Mothercare, Kiddypalace	

Bath

1	Body wash	Sebamed	1			
2	Bath tub		1	any simple kind from market is also fine	market, ntuc	
3	Small pail & dish (for sponging)			useful for wet cloths to wipe down body or when sponging baby during fever	market,ntuc	
4	Anti-slip mat		1			
5	Towel		5	soft adsorbant muslin type is good	Q100, online	
6	Wash cloth		12	for bathing and sponging or wiping down	Carters, Q100	
7	Baby moisturizer	Sebamed	1		Guardian, whatsons, pharmacies	
8	You-Yee Oil		1	good for wind in stomach	Guardian, whatsons, pharmacies	
9	Rid wind drops		1	good for colic and wind in tummy babies	Guardian, whatsons, pharmacies	
10	Teething gel	Dentinox	1	Useful when baby starts teething around 6-9months	Watsons, Guardian	
11	Cotton buds		2 packs		Watsons, Guardian, NTUC	
12	Waterproof changing mat		1	Useful for diaper change to keep clean area during accidents	Mothercare, Kiddypalace, NTUC	
13	Soft brush	Pigeon	1	to keep baby hair neat	NTUC, Kiddypalace	
14	Nasal aspirator	Pigeon	1	Good when baby nose is stuck	NTUC, Kiddypalace	
15	Baby tweezer	Pigeon	1	to carefully remove booger	NTUC, Kiddypalace	
16	Thermometer	Smarttemp Bluetooth Thermometer	1	<p>temperature all day/night long! No more sleepless nights and running the risk of making baby uncomfortable with frequent manual measurement of temperatures!</p> <p>How it works:</p> <ul style="list-style-type: none"> - It sends an alert to the app on your phone when fever strikes, without disturbing baby and allowing for restful sleep - It also provides medication reminders and allows you to easily keep record of medicine dosages - Comfortable, reliable and safe; FDA approved! - Up to a 3-year battery life* in a 100% baby-safe sealed compartment 	https://www.facebook.com/MuEngine/	

Diapering

1	Diaper changing table	Ikea	1	Sniglar Changing Table		\$59
2	Diapers	Merries, Drypers	3 cartons	Merries is the best, very soft, comfortable and absorbant, no diaper rash. ~\$0.20 per piece. When baby older, can switch to Drypers in the day (Cheaper) and Merries at night	Baby fairs buy by cartons, NTUC when on Sale, Kimsang Medical Halls	
3	Nappy cloths		10	Not necessary when using disposable diapers like merries	Market, Kiddy palace, Babyfairs	
4	Wet wipes	Pigeon, Kodomo (blue pack \$2 each from watson) Organic Story (Q100)	1-3 cartons	BUY IN BULK! Pigeon good quality but very ex, Kodomo works well for me, buy in cartons from Watson when sale at \$2 each. Organic story good for wiping hands and faces when out and about.		
5	Diaper cream	Drapolene Cream & Desitin (1 each)	1 tube	Cheap and does the job. 1 tube more than enough!	NTUC, Watsons, Guardian	

Clothing

1	Rompers	Spree online from Carter's, Osh Kosh,	5	one piece rompers the best	Baby fairs, mother care, kiddy palace	
2	PJs	Ralph Lauren, Macy's, Amazon	5	one piece with long pants are good for sleeping	Baby fairs, mother care, kiddy palace	
3	Mittens & Booties		5	mittens useful to prevent baby from scratching face	Baby fairs, mother care (has the smallest size for newborns), kiddy palace	
4	Laundry detergent	A-B-D Detergent by Pureen		Saw aunties buying this by the cartons at baby fair, must be good so I also follow..		
5	Baby clothes hangers		2 dozens	good to have, can get free when buy baby clothes from H&M		

Feeding

1	Big plastic container/tray to store sterilized milk bottles and pump parts		1	good to keep dirt and dust out	Daiso!	
2	Milk bottles & teats	Medela, Tommee Tippie, Comotomo	5	use Medela if using Medela Breast Pumps to keep everything streamlined and simple. There is no such thing as nipple or bottle preference by Baby!	Kiddy palace, baby fairs	
3	Bottle sterilizer	Pigeon Rapid Steam Sterilizer	1	Good to have as it is fast to sterilize and can fit many bottles at a time. Includes bottle tongs to remove sterilized bottles cleanly	Kiddy palace, baby fairs	
4	Bottle wash	Tollyjoy Antibacterial (Pink)	2	Gentle, useful for bottle washing	Kiddypalace, NTUC	

5	Bottle wash brush		1		Kiddypalace, NTUC	
6	Bottle warmer	Pigeon	1	warms up expressed chilled milk fast		
7	Electric Double Breast Pump	Medela Freestyle, Medela Pump in Style advance, Avent Twin Electric, Spectra	1 set	VERY IMPORTANT if mum decided to return to work and continue breast feeding. Pump is used when Mummy is away from Baby.	Kulily.com, Mothercare	~\$500
8	Handheld manual single breast pump	Medela Harmony	1 set	As back up to use at home or on weekends when out on trips without baby	Kulily.com, Mothercare	~\$100
9	Breast milk storage bags	Boots (only available from Thailand Pharmacy), Babyone, Pigeon		Useful to freeze excess milk pumped breast milk for baby	Baby fairs, Q100, Mothercare, Kiddy Palace, NTUC	
10	Breast milk cooler bags with blue ice block	Medela		Comes together with MEDELA PISA Double Electric Pump set		
11	Extra breast milk storage bottles	Medela/Same type as Pump brand		Need same bottles to be compatible with breast pump parts. Useful to get ~10 extra to store expressed milk for Baby bottles when mum away at work. Chilled milk can be stored in fridge up to 3-5days, Milk that is pumped today provides for milk for tomorrow's bottles. Excess can be frozen in Milk bags. Friday's pumped milk can be used for Monday's bottle feeds.	Kiddy palace, Kulily.com	
12	Hands free nursing/pumping bra	Simple wishes	1 pc	VERY USEFUL for double pumping hands free which allows you to do other things while pumping	Kiddy palace, Kulily.com	
13	Warranty for US set Medela pump		1 pc	US set is usually cheaper than SG set, hence warranty is useful as medela Pump lifespan is pretty long 2-5 years. Spectra is popular and cheap but lifespan is not comparable.	Kulily.com	
14	Nursing cover	Pupsik, Mothercare	1 pc	Good to have 360degree coverage nursing poncho	Babyfairs, online, Q100	
15	Nursing pillow	Theraline	1 pc	Very comfortable beanbag bolster pillow! Good to have for nursing baby in upright sitting position to lay baby on instead of having to cradle	Kiddy palace	~\$100
16	Rocking chair/Highback comfortable chair/sofa with arm rest and foot rest	IKEA/Mothercare	1pc	Useful to have for comfortable nursing sessions which can be every 1-2hourly (in 24hours) in early weeks, ALTERNATIVE: Master the art of side-lying in bed to nurse so both baby and mummy can sleep while nursing	IKEA/Mothercare	
17	Pacifier	Nuk	2	Not necessary if baby is breast feeding and usually refuses pacifiers		