



BABY REGISTRY EXPERT GUIDE



The Gift Registry Guide to What Moms Really Need





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Be Her Village Parent Guide Work with Us

SETTING YOU UP FOR SUCCESS



HOW TO USE THIS GUIDE:

Many mothers often feel overwhelmed by their baby registry, including items that are unnecessary. To simplify, here are six key areas to consider when selecting items for your registry:

- Feeding
- Sleeping
- Diapering & Dressing
- Travel
- Play & Development
- Mothering the Mother

Get Access to Local Resources for:

registry like a pro!

Pregnancy Education Childbirth Education Postpartum Education

We offer this comprehensive list because we want to ensure that you have access to the necessary tools and resources for a positive postpartum experience.

FEEDING

CHOOSING YOUR FEEDING OPTIONS

- Nursing
- Pumping
- Donor Milk
- Formula
- Combination

What you "NEED" depends on which way you go.

Accessories you may need:

Nipple Balm / Silverette Cups 8-12 Nursing Pads Milk Storage Bags Cooler for Milk Storage Freezer Tray for Milk Storage

2 Pack

PRODUCTS

BREAST FEEDING

What You'll Need

- Your breasts
- 3 nursing bras, and/or Nursing Tank Tops
- 3-5 small syringes for colostrum
- 8-12 Nursing Pads**
- Nipple Balm**
- Silverette Cups**
- Nursing Pillow** or another style or this one
- 2-3 Sleep Bras**
- 5-10 bibs**
- 5 burp cloths**

** Indicates helpful tools, but are not 100% necessary for all breastfeeding parents.

EXCLUSIVE PUMPING

What Gou'll Need

- Breasts
- Relationship with an IBCLC
- 3 Nursing Bras, or Nursing Tank Tops**
- 2-3 Sleep Nursing Bras**
- Breast Pump, 1
- Breast Pump Bag/Wet Bag, if you are pumping away from home.
- Flanges / Breast Shields, 2 sets of correct size
- Flange Size Template, **if you haven't met with an IBCLC



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Things you might need

Nipple Shield Starter SNS Syringe Breastpump such as Spectra S1 or S2; Medela All-Purpose Nipple Ointment



- Duckbills/Duckvalves, 12
- Valve Membranes, 12
- Backflow Protectors, 4 *if your pump has them**
- Tubing *replace if damaged/gets moisture in it

If you are not exclusively pumping or pumping less than 3x a day, you won't need as many replacement parts.



BOTTLE FEEDING – FORMULA/BREASTMILK

What You'll Need

Milk Storage Container Cooler for Transporting Formula

Bottles with nipples that do not collapse in baby's mouth

- Dr. Brown's
- Lansinoh
- Joovy Boob
- Evenflo

WASHING

- Munchkin is a nice bottle brush
- A tiny bristle brush set for nooks and crannies
- Large bowl or basin exclusive for pump/bottle washing
- Dedicated drying rack
- Dish Soap (avoid synthetic fragrances)

You do not need to purchase anything to warm a bottle. You can use a mug with hot tea water, a kettle with hot water, or microwave a coffee mug (NEVER the bottle) and set the bottle in the mug.

Most parents quit warming bottles early on, and while I do recommend warming both formula and breast milk, bottle warmers are usually the first accessory that parents ditch.





Accessories you want

...if baby is immunocompromised

> Sterilizer: <u>Dr. Browns</u> Baby Brezza

SLEEPING

CHOOSING YOUR SLEEPING OPTIONS

- Co-Sleeping
- Nursery
- Bed Sharing
- Montessori Method

When setting goals for your baby's sleep, it's important to apprach it with realistic expectations.

NORMS FOR INFANT SLEEPING

Biological

Norms:

- Waking for frequent feeding
- Wanting to be held
- Needing help getting to sleep
- Adult proximity

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• Coregulation

Start by acknowledging the difference between a newborn's biological needs and the expectations imposed by society.

Cultural Norms:

- Independent sleep
- Long stretches of sleep
- Sleeping through the night
- Relying on technology
- Developmentally inappropriate expectations
- Bundling up baby
- Separate sleep surfaces

What You'll Need

Bedding

- Crib or Montessori Floor Bed
- Crib Mattress
- Crib Sheets, 2-3
- Crib Liner, 2-3
- Bassinet, if desired
- Bassinet Liner
- Bassinet Sheets
- Sleep Jacket, 3
- Swaddling Blankets, 3-4

Accessories you may want

for the nursery:

Sound Machine Blackout Curtains Red Light Bulb

Clothing

- Arms Up Sleep Sack
- Newborn Zip up/down Pajamas, 7
- Newborn Sleep Gown, 7
- Newborn Onesie T-shirts 7-10
- Socks 4-7
- Robeez Leather Shoes



DIAPERING & HYGIENE

CHOOSING YOUR DIAPERING OPTION

- Cloth Diapers
- Disposable Diapers

If using cloth, stay away from ointments with more than 15% zinc oxide, petroleum & paraffin: these cause repelling, staining & odor

Rash Creams

Petroleum, Paraffin & Synthetic Fragrance Free Seedlings Diaper Rash Cream

Zinc oxide, petroleum & paraffin- free: Earth Mama Organic Diaper Balm Grovia Magic Stick Honest All-Purpose Balm

PRODUCTS

Diapering with Disposable



- Diapers*
- Pail
- Pail Liner Refills
- Changing Table/Dresser
- Changing Pad
- Changing Pad Covers , also hospital blankets are great for this.

*You'll typically use 6-8 diapers per day.

Diapering with Cloth

- Pail
- Pail Liner
- Small wet bags (2) for on the go
- Cloth wipes, (24) or
- Disposable Baby Wipes
- Changing Table / Dresser
- Changing Pad
- Changing Pad Covers, also hospital blankets are great for this.

Also Consider

Diaper bag (backpacks often most user friendly) Swim diapers Bathtubs/tub inserts/inflatable tubs Cradle cap brush

All in One Diapers

• 24 Thirsties All-in-One

Pocket Diapers

- 24 Pocket Diapers
- 24 hemp/cotton inserts

Prefolds

- 6-8 Covers (of each size, some brands have multiple sizes)
- 24 prefolds (of each size)
- Snappis or Pins

Hygiene

- Infant Bath with mesh sling
- Small pitcher
- Shampoo*
- Body Wash*
- Lotion or Baby Massage Oil*
- Nail Clipper & File
- Thermometer
- Nasal Aspirator
- Saline
- Hair Brush & Comb
- Soft Bath Towel

Also Consider

*Baby Shampoo, Lotion, Oil & Diaper Rash Cream should free of: synthetic fragrances, petroleum, mineral oil, parabens, phthlates, paraffin, and talc



PLAY & DEVELOPMENT

CHOOSING A TEACHING METHOD

- Montessori Method
- Steiner/Waldorf
- Reggio Emilia
- HighScope
- Bank Street
- Co-Ops

"toys" around the house

Painter's Tape Mini Kitchen Tongs Pots and pans Paper towel rolls Silk scarves/colorful fabric Cardboard boxes Plastic containers Pom Poms Wooden spoons.

Getting your little superstar ready for greatness starts with play and development. Choosing the play style that aligns with your family's rhythm is the first step towards nurturing their potential.

Learn more about different teaching methods with this link!



What's the difference between RIE, Montessori, & Waldorf?

We compiled this guide to different early childhood philosophies to help you make informed decisions about childcare.

W Lovevery / Oct. 1 2020

PLAY & DEVELOPMENT

MONTESSORI DIFFERENCES IN YOUR REGISTRY

- Floor Bed
- Topponcino
- Montessori Mobiles
- Low Mirror
- Natural Materials (wood, cotton, wood)
- Diapering space is face-to-face

A few things you won't use in infancy for a Montessori Baby

- Crib
- Electronic Toys
- Synthetic fabrics
- Baby containers: momaroo, walkers, swings, etc.
- Plastic high chairs
- Swaddles

Infant Play Area



Infant Eating Area



Infant Sleep Area



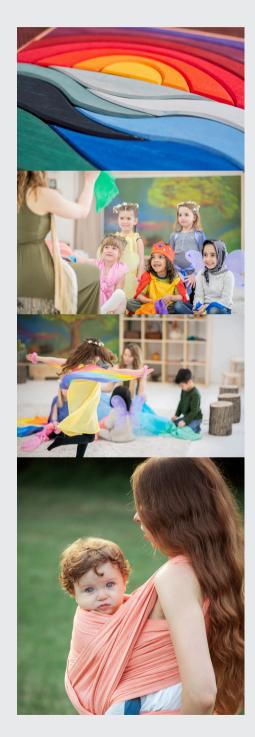
PLAY & DEVELOPMENT

WALDORF DIFFERENCES IN YOUR REGISTRY

- Family Bed
- Ring Sling, or other soft carrier
- Wooden Toys
- Amber necklace
- Realistic Art
- Lambskin Nap Rug
- Pull-up Bar
- Weaning (child-size) table
- Learning Tower
- Stokke Tripp Trapp High Chair

A few things you won't use in infancy for a Waldorf Baby

- Crib
- Electronic Toys
- Toys without control of error
- Baby containers: momaroo, walkers, swings, etc.
- Plastic high chairs



Play Kits and Subscriptions

- Bookroo. Best for Board Books
- Lovevery. Best for Educational Toys.
- Koala Crate by KiwiCo. Best for Learning

Play Space

Toys

- Play Mat
- Fur/Faux Fur Rug
- Munari Mobile
- Gobbi Mobile
- Dodecahedron Mobile
- Dancers Mobile
- Mirror
- Pull Up Bar

- 0y5
- Wooden interlocking discsWooden Grasping toys
- Sensory Balls
- Grimm's rainbow
- Wooden Rattle
- Wooden Bell Roller
- Contrast Cards
- Stacking Rings

Books for Early Development

Priddy Books First 100 Words I See by Helen Oxenbury Look Look! by Peter Linenthal Big Red Barn, Goodnight Moon, and Runaway Bunny by Margaret Wise Brown Smile! by Roberta Grobel Intrater Ten Little Fingers & Ten Little Toes by Mem Fox Global Babies Series Jellycat If I Were and Owl...





🗊 Bookroo



TRAVEL

Diaper Bag Items

Choosing Your Travel Options

- Sun Hat
- Bathing Suit SPF
- Swim Diaper, 2
- Mineral Sunscreen, 6 months +
- Travel Chaning Pad
- Wet Bag

- Carriers
- Car Seats
- Strollers
- Containers

PRODUCTS

Carriers

- Wraps (stretchy, woven): bigger learning curve, more versatile
- Ring Sling
- SSC aka buckle carrier
- Meh Dai
- Onbuhimo



Car Seats

- Convertible v. infant/bucket/carrier car seat
- Swiveling car seats: a new handy thing!
- CPST- approved installation



Strollers

What are your goals?

- Are you planning on using immediately?- If Yes, make sure it has bassinet and/or car seat
- How often do you see yourself
- using your stroller?
- Are you planning to run with your
- baby once they gain better head/neck control?
- What is the terrain of your neighborhood like?
- Is it easy to open/close?
- Is it easy to get in/out of a car or public transportation?
- Will you need a double stroller?
- Side by side or front/back?

WARNING

Infants without head & neck control should **never** be put into an umbrella stroller or stroller without reclined seat due to risk of positional asphyxiation

HOT TIP!

Baby stores (like buybuybaby) will often sell floor models at a big discount once a new model comes out!

Containers (Not Recommended)

- "Loungers," pods, hammocks, tents: read CPSC article **not for sleep**
- Bouncers: degree of incline important, **not for sleep**
- Swings: degree of incline important, **not for sleep**
- Seats: explain appropriate developmental milestones before usage
- Jumpers: door frame or standalone; explain appropriate developmental milestones before usage
- Walkers w/ wheels (seated): safety hazard, takes up lots of space
- High Chairs

Safe Alternatives

- Stationary activity centers
- Play yards or playpens

MOTHERING THE MOTHER

Choosing Your Postpartum Care Options

CREATE A HEALTHY REST PERIOD FOR YOURSELF:

Around the Globe women have a 30-40 lying in period which often includes people cooking and cleaning for the family and many cultures include massage for mom & baby. This practice is absent from North American culture and has dangerous consequences.

Middle East- 40 days of lying-in

China- 30 days; stay warm, stay home, husband cooks, warm foods
Japan - return to mother's parent's home for care & rest
Zambia- mother cannot do any work until cord falls off (10 days)
Latin America- 40 days of rest, female relatives take care, soup
India - return to mother's parent's home for care, massage, rest.
Native American- lying in ends with ceremony, bath and sweat lodge

HOW TO REPLICATE GLOBAL MATERNAL CARE:

- Hire A Postpartum Doula for support & household help
- Schedule Some Postpartum Massage in your home!
- Postpartum Yoga Online options, Studio classes, or yoga instructor can come to your home.
- Pelvic Floor Therapy ask your provider to assess at your 6 week appointment – follow up will likely be with a Pelvic Floor PT (many yoga classes offer pelvic floor awareness and instruction)
- Chiropractic the sooner after birth, the better. For you + baby
- Set Up A Meal Train for 30-40 days; have your community feed you & family so that you can rest.

MOTHERING THE MOTHER

Choosing Your Postpartum Care Products

Postpartum underwear Padsicles/pads or Spray for Perineum* Blowdryer (instead of toilet paper) Sitz Bath or Yoni Steam Peri bottle - hot tip use filtered water Squatty potty/toilet stool Magnesium/stool softeners Nursing pads/bras Silverette cups Herbal teas to support womb healing & lactation Essential Oils + Diffuser to support recovery & mood**

*phalate, paraffin, petroleum, paraben & synthetic fragrance-free ** take a class in essential oil safety for postpartum & newborns if you aren't familiar



SERVICES

FEEDING

- Breastfeeding Class prior to birth
- Relationship with IBCLC
- Lactation Support Coach
- Flange Fitting, if pumping
- Craniosacral Therapists*
- Speech & Language Pathologists*

Formula & Breastmilk Safety

- Proper storage
- Proper preparation

Breastfeeding 101: What to Expect in the First 30 Days



Breastfeeding 101: What to Expect in the First 30 Days

In this free introduction to breastfeeding class, discover what milestones to expect in the first few hours, days, and weeks of your breastfeeding journey. We'll introduce key concepts, including latch and positioning....

SLEEPING

Education

- Cribs for Kids
- Cosleeping Guidelines
- Lullaby Trust

- Postpartum Doulas
- Overnight Doulas
- Newborn Care Specialist
- Sleep Consultants/Coaches

*Not necessary for everyone, helpful if baby has latch issues, oral ties or reflux.

SERVICES

DIAPERING & HYGIENE

Chiropractors Elimination Communication Training/Resources Occupational Therapists* Postpartum Doulas Speech & Language Pathologists* Learn how to take baby's temperature

PLAY & DEVELOPMENT

POSTPARTUM CARE

NCS

Postpartum Doula Mom & Baby Groups Infant Massage Massage for Mother Pelvic Floor PT** Yoga Steams – only after postpartum bleeding is done

TRAVEL

CPST for Carseat installation Babywearing Class

Fit for Mom Music Together The Village -or other local parent community groups

*Not necessary for every baby, but helpful for oral issues, reflux, latch issues, etc. **Not necessary for every mom, but helpful for most moms. Check with doctor or midwife at 6 week appointment for assessment.

What's Next - Work with Us







BeHerVillage Parent Guide

This baby registry is not like the others. It's a gift registry for moms.



With BeHerVillage, you get the funds you need to pay for the support you deserve.



Find your village. Fund your village.

HOW IT WORKS FOR MAMAS



FIND YOUR SUPPORT



CREATE YOUR REGISTRY



RECEIVE YOUR GIFTS



PAY FOR YOUR SUPPORT

Free for parents *always!*

Find your support team.

Register for the services you need.

Get funds to pay for the support you deserve.

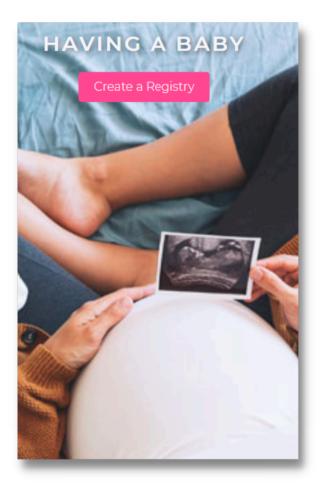
All in one place





HOW TO CREATE YOUR REGISTRY

- Search the BeHerVillage Registry Guide to find the support team for you
- Create your registry and connect your account so you can receive your gifts
- Book a FREE registry consultation with one of our Gift Registry Experts!



BHV will pre-fill your registry with a few services. You can add, remove and change them as you need!

This is where you get the chance to add The Sage Yogi Doula's to your baby registry and get the service you need paid for!







HOW TO CREATE YOUR REGISTRY



Be Her Village Birth Photography

Add to Registry	

Use the "Create Your Own" tool to add custom services and get exactly what you need

Once you have your perfect registry, share using your personal registry link or include registry cards in your baby shower invites

Use the "My Story" feature to keep your family in the loop!

You are now one step closer to getting the support you deserve!





HOW TO CREATE YOUR REGISTRY





How much does it cost?

Creating your registry is free! Your loved ones send you money for the support you request on your registry. They pay a small fee that includes platform fees. You get your FULL gift every time. If your family member sends you \$100, you get the full \$100.

How do I get my money?

Once your account is connected, funds are automatically distributed on the last day of the month.

How do I book my services?

Booking your services is as easy as reaching out to the service provider. When you're ready, you book and pay for the support that you choose with the money that's in your account.

What's Next - Work with Us









The Sage Yogi Doulas

Virtual Doula Support

- Prenatal preparation
- 24 hour on call support weeks 38-42
- Continuous virtual labor support
- Postpartum processing call/zoom
- Postnatal Depression Screening

Postpartum Preparation

- Text/Video/Audio support during business hours
- Postpartum Preparation Video Series
- Meet Your Breastfeeding Goals Masterclass

Newborn Care

- Newborn Hygiene
- Sleep Safety
- Routines for happy mom & baby
- Milk preparation safety

Prenatal Education

- Prenatal Nutrition Course
- Aromatherapy for Pregnancy + Postpartum
- Cultivate a Birth Mindset that Delivers
- Reduce Chemical Exposures in Pregnancy

Prenatal Yoga

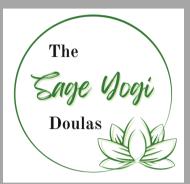
- Yoga Postures Digital Flashcards with video links
- 1st, 2nd and 3rd trimester Prenatal Yoga Videos
- Guided Meditations and Journal Prompts

Childbirth Education

- A foundational undestanding of physiological birth
- Comfort Measures for the stages of labor
- Immediate Postpartum Newborn behavior
- Evidence Based Birth PDFs to share with your provider

And \$240 in Bonus Material!

What's Next - Work with Us





Choose The Sage Yogi Doulas

...to be your village

You don't have to figure this all out on your own.

It's time to call in the support you deserve.

Take action to build the support team that leaves you feeling held up, loved, empowered and nurtured...

so that you have the energy to nurture your sweet baby.

Now you have the option to add us to your baby registry!





Make The Sage Yogi Doulas your village today!

