

Starter List of Things That Are Actually Helpful

(For Better Sleep, Calm, and Sanity in the Fourth Trimester)

Sleep Support

- ✓ Swaddles (Velcro or zip-up to make it easier for tired hands)
- ✓ White noise machine (continuous sound, not timer-based)
- ✓ Blackout curtains or a travel blackout cover (like Sleepout or SlumberPod)
- ✓ Bassinet or safe sleep space (easy to reach at night)
- ✗ Skip: Fancy crib mobiles or light-up toys—these can overstimulate at bedtime.



Feeding Essentials

- ✓ Burp cloths (lots!) + 1–2 quality nursing/pumping bras
- ✓ Haakaa or silicone pump (for easy letdown collection)
- ✓ Bottle (don't stock up on one brand until baby tries them)
- ✓ Insulated water bottle for mama + one-hand snacks nearby
- ✓ Bottle sterilizer – Super helpful for peace of mind and easier daily cleaning
- ✗ Skip: Bottle warmer (running warm water over the bottle works just fine!)

Soothing & Baby Care

- ✓ Fragrance-free baby wash & lotion (gentle on new skin)
- ✓ Baby nail file or electric trimmer (those nails are sharp!)
- ✓ Basic thermometer + FridaBaby kit (for peace of mind)
- ✓ Pacifiers (many babies find them soothing and lower the risk of SIDS) (coupon code: M.M.SOOTHE)
- ✗ Skip: Wipe warmer or baby robe—cute but not necessary.

Mama Recovery & Mindset

- ✓ Postpartum pads + witch hazel cooling pads
- ✓ Comfy nursing-friendly loungewear
- ✓ A sleep & feeding tracker app or a simple journal
- ✓ A support plan: Who will help YOU rest? Who brings meals? Who do you call when it's hard?
- ✓ Mindset support: Affirmations, emotional check-ins, or working with a coach  

Most Helpful "Extras" Moms Don't Regret

- ✓ Baby carrier or wrap (so you can move around hands-free)
- ✓ Caddy for baby items in every room you'll spend time in
- ✓ One high-quality comfort item

Pro Tip:

You don't need more stuff. You need the right stuff to help you rest, recover, and connect. Focus on tools that support:

- ✓ Sleep
- ✓ Bonding
- ✓ Simplicity
- ✓ Sanity for you, too

Thank You, Mama!

You're already doing an incredible job. If you ever need extra support with sleep or calm in motherhood, I'm here for you.

With love,

Maria – Mindful Mother

