Mamavela

The Smart Baby List

What a baby really needs in the first year, what to skip, what the safety rules say, and how to build a registry without waste.



Free sample

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Welcome: less stuff, better choices

Open any baby store or registry website and you will find lists of 80, 100, sometimes 150 "must-haves". Many of them are lovely. Some are useful. A few are unsafe. And a surprising number will sit in a cupboard, still in their box, when your baby turns one.

This book is a different kind of list. It starts from three questions that matter more than any trend:

1. **Is it safe?** Some products that are sold widely are on the "avoid" lists of the American Academy of Pediatrics (AAP) and the US Consumer Product Safety Commission (CPSC), and some were banned for sale in the United States in 2022. Others are fine for play but not for sleep. You will find them all in Chapter 2, with the reasons.
2. **Will we actually use it, and when?** A newborn needs very little. A six-month-old starting solids needs different things. Chapter 3 and Chapter 7 tell you what to have ready before the birth, and what can wait.
3. **Is there a simpler, cheaper or second-hand way?** Chapter 8 tells you what is fine to borrow or buy used, what to check, and what to refuse.

Then it helps you turn all of this into a registry or a birth list that friends and family will enjoy using, with a budget sheet and a thank-you tracker.

What this book is, and what it is not

This book does not recommend brands, shops or websites, and it is not paid by any of them. It does not review products and contains no ratings. It gathers the safety rules and official advice that should shape what you buy, from the AAP, the CPSC, the NHS, The Lullaby Trust, GOV.UK and others, all listed in the bibliography and checked on 21 October 2026. It does not replace the instructions that come with each product or the advice of your midwife, pediatrician or health visitor.

> **Safety rules change, and so do recalls.**
>
> Before you use any baby product, new or second-hand, check it against the current recall lists: the CPSC's recalls in the United States, and the "Product Safety Alerts, Reports and Recalls" service on GOV.UK in the United Kingdom.

How to use this book

- **Starting your registry this week?** Read Chapter 1 and Chapter 2, then go straight to the master checklist in Chapter 19.
- **Short on money or space?** Chapter 3 (the true minimum) and Chapter 8 (second-hand) will save you the most.

- **Baby already here?** Chapter 7 tells you what you will need next, month by month.
- **Expecting twins?** Chapter 16 tells you what to double and what not to.

Chapter 1. Three principles that will save you money

Principle 1: buy safe first

A few categories of product are about safety, not style: the car seat, the sleep space and its mattress, and anything that holds your baby (a carrier, a high chair, a bath seat). For these, the official rules decide. Spend your energy and, if needed, your money here first, and keep the receipts and manuals.

Principle 2: buy late

Babies are unpredictable. Some hate the swing your friend swore by; some love being carried and never use the expensive pram. Some breastfeed easily; some need formula; many do both. Some grow out of newborn clothes in a week. Buy what is needed for the first weeks, then buy the rest when you know your baby, your feeding method and your daily life.

Principle 3: buy less, use more

For each item on any list, ask:

- What problem does it solve for us?
- Can something we already have do the same job? (A towel and a sink can be a baby bath. A drawer can hold clothes.)
- Will we use it every day, every week, or once?
- Where will it live in our home?
- Can we borrow it and see before buying?

> **A useful rule of thumb.**
>
> If you cannot say when, where and how often you will use it, leave it off the "before the birth" list and put it on the "maybe later" list. You can always add it to your registry later.

The three lists

This book uses three lists throughout. You will find them as printable tables in Chapter 19.

List	What goes on it	When to get it

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Before the birth	What you need from day one: the car seat (if you drive), a safe sleep space, nappies, a few clothes, basic feeding and changing items	By about week 36 of the pregnancy
Soon after	Things you will need in the first months but can choose once you know your baby: more clothes in the right size, feeding extras, a carrier or pram that suits you	In the first 3 months
Later in the first year	High chair, solids equipment, stair gates, bigger car seat, toys for the age	From around 4 to 6 months

End of the sample

Thank you for reading this far. We hope these first pages already feel useful, and that you can see how the rest of the book is built: clear steps, pages to fill in, sources you can check.

The full book has 36 pages.

Get it here: https://mamavela.com/

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