



...where nurturing happens

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The Pump Station & Nurtury Recommends

The Lactation Staff of The Pump Station and Nurtury® share their comprehensive list of the top baby basics every mom should have!

1. **Baby Care 101** DVD/Downloadable video by The Pump Station™ & Kids In The House – Coming soon!
2. **Luna Lullaby Nursing Pillow**—the best pillow of all, and...
3. **Little Something Nursing Pillow**—the best one for use in a rocker or glider or to carry along to a restaurant.
4. **The Pump Station™ Back Support Pillow**--makes feeding your baby so much more comfortable
5. **My Brest Friend Adjustable Nursing Stool**—lifts your lap and makes nursing much more comfortable. Later becomes the perfect stool for your toddler to stand on for brushing teeth.
6. **Motherlove Nipple Cream**—soothes tender, sore nipples
7. **Simple Wishes Hands Free Pumping Bra**—pump while you answer email or read a book
8. **Bravado/Glamour Mom Nursing Tanks & Bras**—Tanks are so comfortable and make nursing in public easier
9. **Bebe Au Lait or Poncho Baby Nursing Cover**—For discreet nursing when needed
10. **Medela Pump In Style Advanced**--Excellent Breast pump
11. **The Happiest Baby on the Block by Dr. Harvey Karp**—This important DVD will help you learn immediately how to calm and sooth your fussy baby
12. **Exercise/Yoga Ball**— Bouncing with baby on this ball is magic stuff for calming your newborn
13. **Woombie Air breathable swaddle blankets**—absolutely our new favorite swaddle blanket. It is stretchy and breathable and parents are loving it.
14. **Woombie**—Super easy zipped baby swaddle, which puts hands on the chest instead of at the baby's side. Everyone LOVES this. Start with this or the Woombie blanket.
15. **Miracle Blanket**—a surefire swaddle blanket especially for babies 9 pounds and up.
16. **Boba Baby Wrap**—our favorite sling.
17. **Beco Gemini Baby Carrier**—Fabulous and easy to use. Doesn't require an infant insert and can be worn from day one.
18. **Ergo 360**- They're great new carrier. Faces in or out. Still requires infant insert for the young baby.
19. **Sleeping with Your Baby book by James McKenna**—this should be required reading for every expectant parent. The leading researcher on Co-sleeping and Sudden Infant Death provides the must-have information about Co-sleeping and bed sharing. Even if you have no intention of bed sharing, this book can be life saving.
20. **The Baby Book: Everything You Need to Know About Your Baby from Birth to Age Two by William Sears.** Actually we like any book by this Pediatrician, but this one is a MUST—your “Bible” for all those questions/concerns that come up in the middle of the night. Check out his chapter Parenting the Fussy or Colicky Baby.
21. **The Pump Station™ Burp Cloths**—best burp clothes ever. They are utilitarian, not cutesy—that is what you need.
22. **The Pump Station™ Soft Bottom Cloths**—Favored by Pediatricians—all cotton for cleaning baby's tender bottom.
23. **Kissy Kissy Onesies & Convertible Gowns**—softest cotton.
24. **Munchkin Fresh Food Feeder**—Great for the teething babies
25. **Breastfeeding Support Group**—Enjoy learning from and with other mothers of 0-4 month old babies in a group setting. Facilitated by one of our Internationally Board Certified Lactation Consultants. Moms love this chance to come together and support each other. Maybe you will make a life-long friend.
26. **Sling Clinic**—Come to our sling clinics and quickly learn to wear your baby. You can carry your little one hands-free and get on with your daily tasks. It is safe, comfortable and good for everyone.
27. **Mommy & Me/Parent & Me Groups**
28. **Parenting Lectures at The Pump Station & Nurtury™**—Important, timely lectures for Mom and Dad!

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