ZENITH MEDICINE

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Tips and Tricks for Caregivers

A collaboration between friends, Carolyn, Crystal and Dr. Sun 😊

This is not medical advice, rather opinions and helpful hints that you may or may not find useful as a mother, dad or caregiver!

Postpartum

- General Postpartum Thoughts.
  - ☺ Crystal: Postpartum was an experience you can't really understand until you go through it. I felt so prepared with the things I had bought - but what I found out was, I wasted a lot of money. The hospital sends you home with pretty much everything you need. The only things I wanted after those supplies ran out were regular menstrual pads and panty liners when the blood starts to fade. I also found a cheap bidet from Amazon that was literally a life saver!
- Brumate.
  - ☺ Crystal. Having a water bottle or tumbler you love is another postpartum must. I like the 40oz Brumate era cup with a straw.

Breastfeeding & Pumping Education

- Droplet, 'First Milk Matters Most'. Free videos and education regarding the science behind your breastmilk. Founded by former Director of the Breastfeeding Medicine Program at Stanford University, currently Adjunct Clinical Professor of Pediatrics at Stanford Medical Center.
- Kristen Krahl, CLC 'your breastest friend' pumping tips & podcast @bemybreastfriend
- Karrie Locher RN, BSN CLC 'Babies | Breastfeeding | Postpartum' @karrie_locher
- Tamari Jacob, CLC 'Empowering your pumping journey' @onewiththepump

Breastfeeding Pillows

- Boppy. Both Caroline and Crystal pick.
- Mybrestfriend
- The Nesting Pillow
    - ☺ Caroline "I found 'Boppy' more convenient and easier to use than 'My Brest Friend', but both are great choices for nursing pillows as everyone is different! I was gifted the Nesting Pillow and like it for the floor of the house. I used the boppy everywhere else. Boppy however, is much more affordable."

Breastfeeding Bras & Inserts

- Auden Women's Nursing Bra
    - ☺ Caroline "Very affordable and comfortable! I used these when I am at home and not at work and not needing to pump."
- Kindred Bravely hands-free pumping & nursing bra
- Davin & Adley Pumping & Nursing Cami
    - ☺ Caroline: "For wearable hands-free I used either of these exclusively for pumping and feeding - it is so convenient!"

Breastfeeding Pumping & Mobile Storage

- Spectra Breastpumps. 'Electric Breast Pumps'
- Ceres Chill 'the OG Breastmilk Chiller'.
  - ☺ Caroline: "this was a life changing product for when I needed to pump at work, conference or away traveling and didn't have access to a refrigerator."
- Genie Advanced Portable Breast Pump. A Crystal favorite.
- Milk Catchers.
  - ☺ Crystal has three favorite Brands: Haakaa, Elvie, boon
- Earth Mama Nipple Balm. You want the natural oils from your skin - avoid excessive cleaning.
- Hydrogel Cooling Gel Nipple Pads: several brands but Lansinoh is a quality one

Breastfeeding & Baby's Nails

- Baby Nail File Emery Board
- Lupantte Safe Baby Electric Nail File
- Frida Baby Electric Nail Buffer
  - ☺ Caroline: My baby's little dagger nails hurt a lot when they grab at your boob, so I liked using an electric nail file.

Donor Breastmilk, Formula & Bottles

- MothersMilk.org. Human donor breastmilk. Human milk is the ideal food, packed with nutrients and antibodies. If you have challenges with supplying your own, this can be a great solution!
- BabyBrezza. Bottle sterilizers, washer, warmers and more.
  - ☺ Crystal's pick for bottle warmers.
- Dr. Brown's Baby Bottles. Variety of options for low flow and other nipple types.
- Pura Bottles: Santa Barbara Company. 100% plastic-free bottles & containers for all stages

Baby-led Weaning

- Solid Starts for Babies. APP available. First foods database. Starting Solids. Toddlers at the Tablet. Picky Eating.

Baby-led Weaning - continued

- Baby-Led Weaning with Katie Ferraro. @babyledweaning
- Pediatric First Aid Training: @thrivetraininginstitute

Bassinet, Sleeper, Cribs

- Babyletto.
  - ☺ Crystal: A transitional crib is nice to have so you don't have to buy a toddler bed in the future. A fancy crib is not needed. Just one that can move the mattress higher and lower.
- SNOO. 'Automatically calms fussing often in under a minute.
  - ☺ Caroline. Great idea, many of my friends swear by it. My little one didn't like it! It is expensive.
- Newton Bedside Sleeper & Bassinet
- BabyBay Bedside Bassinets
  - ☺ Avoid the dangers of bed co-sleeping along with creating behavior patterns that are difficult to break! Have your little one next to you but also safe.
- DockATot. Variety of products on Crystals 'nice to have' list.
- Guava Lotus Travel Crib. A Crystal must have.

Books

Reading to your child is one of the best things you can do for a child's development - even as an infant.

- Bookroo. 'Book Clubs for Kids' monthly book deliveries,
- Literati. 'Kids books for every stage of reading'

Diapers, Bags & Pails

- Fluff Love University. 'An independent nonprofit organization, began in 2014 and the largest cloth diaper community on the internet'. Learn about cloth diapers.
- Green Mountain Cloth Diapers. 'A small, family-owned online shop since 1998'.
  - ☺ Caroline chooses cloth diapers. Generally, less diaper rash with cloth.

Diapers, Bags & Pails - con't

- Millie Moon Diapers. 'Sustainably Sourced, Cruelty Free and Vegan'.
- Coterie Diapers. 'A faster wicking, highly absorbent diapers with cleaner, more sustainable ingredients.'
- Hello Bello Diapers. 'Our diapers use a mix of plant-based materials and traditional materials'.
    - ☺ Crystal's pick of diapers she likes.

Diapers, Bags & Pails - con't

- Petunia. For those who don't want to lug a large, heavy bag and want one more stylish.
- Babbleroo. 'Everything in one diaper bag'.
- Diaper Genie. Crystal's Top Pick!
- Dekor. 'Step.Drop.Done'. Caroline's choice.

Stroller & Carseats

- UPPAbaby. 'Full-Featured Travel Systems'
    - ☺ Caroline: We used the Vista V2 stroller and the MESA car seat. It was super nice and convenient, and it can convert to a double stroller for the next baby! It came with a bassinet that we used as another place to dock the baby downstairs. It was so useful as both the bassinet and the Mesa click into the stroller base. So helpful.
- Doona. 'Fully integrated travel systems' and more.
    - ☺ Crystal. If you travel a lot, these are nice. But it is heavy to get in and out of the car everyday.
- NunaBaby.
    - ☺ Crystal. This is worth the splurge. This brand is so easy to use and simple to put into different cars with the base.

High Chairs

- Stokke High Chairs.
    - ☺ Crystal. On my must have list
    - ☺ Caroline. Love this. Grows with your baby - so while expensive is worth it in the end!