

FREE GUIDE

The Ultimate Baby Registry Guide

What to buy, what to borrow, and what you can skip with confidence.

BY ANAHEL Y · [BYANAHEL Y.COM](https://byanaheily.com)

A NOTE FROM ANAHELY

No 200-item overwhelm.

I remember staring at my registry checklist at two in the morning, convinced I needed seventeen swaddle blankets and a wipe warmer. I didn't. What I actually needed was a lot shorter than any list I found online — so I made the one I wish I'd had. No 200-item overwhelm, just what you'll really use, what's worth borrowing, and what you can skip.

— *Anahely*

THE BY ANAHELY REGISTRY METHOD

ESSENTIAL

Most families use this every day.

WORTH IT

Helpful for many families.

LIFESTYLE

Depends on your home and routine.

BORROW

Useful, but only for a short season.

SKIP

Save your money.

01 Transportation

Infant Car Seat	Buy	ESSENTIAL
Convertible Car Seat	Buy	WORTH IT
Lightweight Stroller	Buy	ESSENTIAL
Wagon	Buy · Borrow	LIFESTYLE
Car Mirror	Buy · Borrow	LIFESTYLE

Always buy car seats new — never secondhand — since crash history and expiration dates affect safety. Everything else here can wait or be borrowed.

02 Sleep

Bassinet	Buy · Borrow	WORTH IT
Crib	Buy · Borrow	ESSENTIAL
Crib Mattress	Buy	ESSENTIAL
Sleep Sacks	Buy	ESSENTIAL
Swaddle Blankets	Buy	WORTH IT
White Noise Machine	Buy · Borrow	WORTH IT
Baby Monitor	Buy	WORTH IT

Buy the mattress new — firmness matters for safe sleep. A crib is best bought new; if you use a used crib or bassinet, make sure it meets current U.S. safety standards, has no recalls, and has all its original parts. Everything else can be borrowed if it's clean and recall-free.

03 Feeding

Bottles	Buy	ESSENTIAL
Burp Cloths	Buy	ESSENTIAL
Nursing Pillow	Buy · Borrow	WORTH IT
Breast Pump	Buy	WORTH IT
Bottle Warmer	Buy	LIFESTYLE
High Chair	Buy · Borrow	WORTH IT
Bibs	Buy	ESSENTIAL

Buy one or two bottle brands first — babies are picky. Skip the high chair for now; it's not needed until solids start around 6 months. Check your insurance before buying a breast pump — many plans cover one. Pump parts should never be shared, even sterilized.

04 Diapering

Diapers	Buy	ESSENTIAL
Wipes	Buy	ESSENTIAL
Changing Pad	Buy	ESSENTIAL
Diaper Pail	Buy	WORTH IT
Diaper Bag	Buy	WORTH IT
Wipe Warmer	Skip	SKIP

Don't stockpile newborn-size diapers — most babies size up within weeks. A few packs of size 1 and 2 will serve you better.

05 Clothing

Onesies	Buy · Borrow	ESSENTIAL
Sleepers	Buy · Borrow	ESSENTIAL
Swaddle Blankets	Buy	WORTH IT
Hats & Mittens	Buy	WORTH IT
Going-Home Outfit	Buy	WORTH IT

Gently used clothing is completely fine here — it's not safety equipment. 7–10 onesies and sleepers in newborn size is plenty.

07 Bath Time

Infant Tub	Buy · Borrow	WORTH IT
Baby Wash	Buy	ESSENTIAL
Hooded Towels	Buy	WORTH IT
Washcloths	Buy	ESSENTIAL
Bath Thermometer	Buy	LIFESTYLE

Low-stakes category — the infant tub is easy to borrow and sanitize, and a bath thermometer is optional if you're comfortable testing with your elbow.

09 Toys & Development

Play Mat	Buy · Borrow	WORTH IT
Rattles	Buy	LIFESTYLE
Board Books	Buy	WORTH IT
Activity Gym	Buy · Borrow	WORTH IT
Teethers	Buy	LIFESTYLE

Newborns need less stimulation than the baby aisle suggests. A play mat and a few board books cover the early weeks — rattles and teethers can wait.

06 Nursery

Dresser	Buy · Borrow	WORTH IT
Glider / Rocking Chair	Buy · Borrow	LIFESTYLE
Blackout Curtains	Buy	WORTH IT
Nightlight	Buy	WORTH IT

Looking for the crib? It's in the Sleep section. Everything else here can be borrowed or improvised with furniture you already own.

08 Health & Safety

Digital Thermometer	Buy	ESSENTIAL
Nail Clippers	Buy	ESSENTIAL
Nasal Aspirator	Buy	ESSENTIAL
Outlet Covers	Buy	WORTH IT
Baby Gates	Buy · Borrow	LIFESTYLE

The first three are newborn-stage needs; outlet covers and gates can wait until baby starts moving around, closer to 6 months.

10 Mom Recovery

Postpartum Pads	Buy	ESSENTIAL
Peri Bottle	Buy	ESSENTIAL
Nursing Bras	Buy	ESSENTIAL
Belly Wrap	Buy	LIFESTYLE
Comfortable Robe	Buy	WORTH IT
Stool Softener	Buy	WORTH IT

This is the most-forgotten registry category — and the one that matters most for the fourth trimester. Many hospitals send home a peri bottle, so ask before buying a second. Ask your provider before taking any medication, including stool softeners.

Budget Tips

SPEND MORE

- Car seat
- Stroller
- Crib mattress
- Baby carrier

SAVE MONEY

- Clothes
- Decor
- Toys
- Bottle warmer

BORROW

- Bassinet
- Swing
- Bouncer
- Activity center

What You Can Skip

Wipe Warmer	Room-temperature wipes are fine, and it's one more thing hogging an outlet.
Baby Shoes (for non-walkers)	Socks and sleepers do the job until baby is walking.
Bulk Diaper Genie Refills	Wait to see if you like the pail first.
Baby Food Maker	A regular blender or fork works just as well.
A Big Newborn Wardrobe	Most babies outgrow it within 2–4 weeks.

Honest Picks

Most of this guide is about what you can skip. These are the products where I have a real opinion — who they're for, who should pass, and what I'd do instead.

As an Amazon Associate, I earn from qualifying purchases. Product names link to Amazon with my affiliate tag — it costs you nothing extra.

SLEEP

Newton Baby Essential Bassinet

GREAT FOR

Room-sharing in the early months. It's freestanding, so you can keep it right next to your bed. It has breathable mesh sides, a washable cover, and tool-free setup.

NOT FOR

Families short on space or on a tight budget.

CHEAPER OR FREE ALTERNATIVE

A crib in your room, or a borrowed bassinet that meets current safety standards, has no recalls, and has all its original parts.

USE IT UNTIL

Baby pushes up on hands and knees, can roll over, or reaches 20 lb, whichever comes first (per Newton). For many babies that's around 6 months or earlier, so plan on moving to the crib.

WOULD I BUY IT AGAIN?

Yes. It's so much more comfortable having baby close to you, and you don't run the risk of sleeping with baby in your bed.

PRICE

Around \$200 — check the current price.

SLEEP

Kyte Baby Sleep Bag, 1.0 TOG

GREAT FOR

Keeping baby cozy and warm at night. Soft bamboo-rayon fabric and a dual zipper that makes night changes easier.

NOT FOR

Anyone who just needs the basics. Any fitted sleep sack does the job for less.

CHEAPER OR FREE ALTERNATIVE

A basic wearable blanket from any brand, or a hand-me-down.

GOOD TO KNOW

This one is not weighted. Kyte lists the 1.0 TOG for rooms around 69–73°F, so dress baby for the room temperature.

WOULD I BUY IT AGAIN?

Yes. Essential for us. We've used it for the past 6 years and it's a must.

SLEEP

Hatch Baby Sleep Bundle (Hatch Baby + Hatch Go)

GREAT FOR

A sound machine and night light in one, plus a portable one for trips. The new light is brighter, which helps you see while you change baby in the middle of the night.

NOT FOR

Families fine with a simple white-noise app, or anyone watching the budget.

CHEAPER OR FREE ALTERNATIVE

A basic white-noise machine and a dim lamp.

GOOD TO KNOW

Keep the machine and its cords out of baby's reach and the volume low. If you're given an older Hatch Rest (1st generation), check Hatch's adapter recall first.

WOULD I BUY IT AGAIN?

Yes, definitely worth it. We had the first generation two years ago and liked it, but the new one got us hooked.

FEEDING

haakaa Manual Breast Pump, 4 oz (Gen. 1)

GREAT FOR

Catching extra milk on one side while you nurse on the other, to save for later.

NOT FOR

Moms who need to pump regularly, like going back to work. That's a job for an electric pump.

CHEAPER OR FREE ALTERNATIVE

Hand expression is free. Also check whether your insurance plan covers an electric pump.

GOOD TO KNOW

Wash it well between uses, following the maker's instructions.

WOULD I BUY IT AGAIN?

Yes, so far. It's been good for pumping while breastfeeding, for later.

FEEDING

Nursing Pillow with Cover Set (Tidal Foam)

GREAT FOR

Saving your back and getting comfortable while you breastfeed.

NOT FOR

Moms who find feeding comfortable without one.

CHEAPER OR FREE ALTERNATIVE

Bed pillows or couch cushions propped for support.

GOOD TO KNOW

For feeding only. Never for baby to sleep or lie on.

WOULD I BUY IT AGAIN?

Yes. It's an essential if you want to save your back and breastfeed comfortably. You'll thank me for this one.

FEEDING

Momcozy Bottle Warmer

GREAT FOR

Warming bottles and breast milk quickly, without a bunch of water.

NOT FOR

Families who serve room-temperature milk, or moms who mostly nurse.

CHEAPER OR FREE ALTERNATIVE

A bowl of warm water. It's slower, but it's free.

GOOD TO KNOW

Always test the temperature before feeding. Not sponsored — just a product we like.

WOULD I BUY IT AGAIN?

Yes. It warms quickly and doesn't need a bunch of water. A must have.

DIAPERING

Keekaroo Peanut Changer

GREAT FOR

Changing baby on top of a dresser, even after bath time, without breaking your back. The pad doesn't move with baby, and it wipes clean.

NOT FOR

Anyone on a tight budget. A basic changing pad with washable covers works too.

CHEAPER OR FREE ALTERNATIVE

A basic contoured pad with covers, or a towel on a safe surface.

GOOD TO KNOW

Keep a hand on baby at all times. Never leave baby unattended on a changing surface.

WOULD I BUY IT AGAIN?

Yes. It's worth it.

DIAPERING

Diaper Genie Complete Diaper Pail

GREAT FOR

Keeping diaper odor sealed in near the changing table, so you're not running to the outside trash all day. That matters most in the sleep-deprived newborn weeks. It comes with a refill and a carbon filter.

NOT FOR

Anyone who doesn't want to keep buying refills. They add up.

CHEAPER OR FREE ALTERNATIVE

A step trash can with scented bags. Not as sealed, but cheaper long-term.

WOULD I BUY IT AGAIN?

Yes. A diaper pail isn't glamorous, but it earns its spot.

OUT & ABOUT

Joie Ginger DLX 4-in-1 Stroller & Mint Latch Car Seat

GREAT FOR

A lightweight stroller and car seat combo. The car seat installs with LATCH without a base, which makes it easy to switch between cars.

NOT FOR

Anyone who wants a jogging or all-terrain stroller. This is a lightweight everyday set.

CHEAPER OR FREE ALTERNATIVE

A borrowed or hand-me-down stroller. Buy the car seat new.

GOOD TO KNOW

Never buy a car seat secondhand. Check [nhtsa.gov](https://www.nhtsa.gov) for recalls on the exact model.

WOULD I BUY IT AGAIN?

Yes. We've had a few strollers and car seats over the years, and this combo is fantastic.

OUT & ABOUT

Momcozy Baby Wrap Carrier

GREAT FOR

Hands-free comfort in the newborn stage with no learning curve. It goes on like a t-shirt, adjusts from XXS to XXL, and holds baby from newborn to 33 lb.

NOT FOR

Heavier toddlers. A structured carrier will feel more supportive.

CHEAPER OR FREE ALTERNATIVE

A borrowed wrap or carrier.

GOOD TO KNOW

Keep baby's face visible and chin off the chest, and follow the maker's instructions.

WOULD I BUY IT AGAIN?

Yes. It's an easy, grab-and-go way to keep your hands free.

MONITOR

Nanit Smart Baby Video Monitor + Floor Stand

GREAT FOR

Sharp 1080p video, helpful alerts, and a flexible camera setup.

NOT FOR

Anyone who doesn't want another app or subscription. A basic monitor costs a lot less.

CHEAPER OR FREE ALTERNATIVE

A simple video monitor without Wi-Fi.

GOOD TO KNOW

Follow Nanit's placement instructions and keep cords well out of baby's reach. The subscription is optional, so you can use the monitor without paying.

WOULD I BUY IT AGAIN?

Yes. It's a must have for us. I don't like the subscription, but the monitor works without it.

SOOTHING

Graco DuetConnect LX 2-in-1 Swing & Bouncer

GREAT FOR

Getting things done while baby is awake and calm. It has several speeds, vibration, and soothing sounds.

NOT FOR

Sleep. Swings and bouncers aren't for sleeping. Once baby falls asleep, move them to a flat, firm sleep surface.

CHEAPER OR FREE ALTERNATIVE

A borrowed swing, or baby in a wrap while you move around.

GOOD TO KNOW

Use the harness and follow the maker's limits. Check [cpsc.gov](https://www.cpsc.gov) for recalls on the exact model.

WOULD I BUY IT AGAIN?

Yes. We had the fanciest one, and Graco has never let us down.

Registry Budget Planner

Jot down what you plan to spend in each category — start with the Essentials.

CATEGORY	PLANNED \$	ACTUAL \$
Transportation		
Sleep		
Feeding		
Diapering		
Clothing		
Nursery		
Bath Time		
Health & Safety		
Toys & Development		
Mom Recovery		
Total		



Shop my registry picks

Scan the code, or visit the link below, to see the products I recommend for the essentials in this guide — all in one Amazon list.

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