

Recommended Product List

*I am not receiving compensation in any form for this list. These are just things we've used with great success!

White Noise Machine

We prefer the lectrofan white noise machine. Noah has the normal, full size one in his room and Hannah has the micro size. The micro is portable and works when the power goes out. It has various "noise" settings and the normal size in Noah's room can get quite loud to drown out pretty much everything.

In a pinch, a box fan works great. You can also download apps on your phone (we've done this to use in the car before we had the micro lectrofan) or grab an old radio and tune it to static.

<https://www.soundofsleep.com/lectrofan/>

Black Out Curtains

One of the keys to better day time naps is making the room as dark as possible. Since the drive to sleep isn't has high during the day, any little distraction in their room will just keep them up longer; that's why we want to block out any light and make the room as boring as possible! I like these from amazon. You can also put a heavy blanket up over the window or use thick black trashbags and painters tape in a pinch (also helpful when traveling!) This is also helpful in preventing those "early morning wake ups" because your kid won't know when the sun is up!

https://www.amazon.com/AmazonBasics-Darkening-Thermal-Insulating-Blackout/dp/B0153TOMRY/ref=sr_1_1?s=home-garden&ie=UTF8&qid=1523481717&sr=1-1&keywords=black+out+curtains&refinements=p_n_srvq_2947266011%3A2972982011%2Cp_n_srvq_2947266011%3A2972982011

Swaddles

I'm going to link a few different swaddles that we've used and loved. Swaddling is SO important for the first 12 or so weeks. I prefer to use ones without velco simply because it's so loud during middle of the night changes and some babies can Houdini their way out of the velco. These all come in a variety of sizes and the woombie has one with breathable material which is especially helpful for those in really warm climates.

-Love the Dream Swaddle Up

https://www.amazon.com/Love-Dream-Swaddle-Original-6-5-13/dp/B0081GJ038/ref=sr_1_1_sspa?ie=UTF8&qid=1523481988&sr=8-1-spons&keywords=swaddle%2Bup&th=1

-Woombie

https://www.amazon.com/Woombie-True-Swaddle-Island-Newborn/dp/B014LPA0MC/ref=sr_1_13_s_it?s=baby-products&ie=UTF8&qid=1523482108&sr=1-13&keywords=woombie

-SwaddleMe Pods

https://www.amazon.com/SwaddleMe-Pod-2-PK-PeaPods-NB/dp/B01416HEHA/ref=sr_1_2_s_it?s=baby-products&ie=UTF8&qid=1523482243&sr=1-2&keywords=swaddle+pods

Swaddle transitions

The day is going to come when your baby is rolling or just outgrowing the need for a swaddle.... But then what? Honestly, we love a sleep sack which is a wearable blanket. You can use this well into toddlerhood and is really helpful if you have a climber! There are other transitional pieces you can buy though, so I'll link those below as well.

-Sleepsacks (wearable blanket, sleep bag, etc) These come in cotton or fleece, with sleeves and without

https://www.amazon.com/Halo-SleepSack-Micro-Fleece-Wearable-Blanket/dp/B014U6R8QS/ref=sr_1_7_s_it?s=baby-products&ie=UTF8&qid=1523482437&sr=1-7&keywords=sleep+sack

-Zippadee Zip – I like this one because they have access to their hands which is helpful in learning how to settle themselves without your intervention

https://www.amazon.com/Classic-Heather-Zipadee-Zip-MEDIUM-Months/dp/B0799RSTNZ/ref=sr_1_2_s_it?s=baby-products&ie=UTF8&qid=1523482322&sr=1-2&keywords=zippadee+zip+sleeper

-Love to Dream Swaddle Up 50/50 – helpful if you need to swaddle one arm out before completely unswaddling

https://www.amazon.com/Love-Dream-Swaddle-Stripe-13-18-5/dp/B016QK11L4/ref=sr_1_2_s_it?s=baby-products&ie=UTF8&qid=1523482672&sr=1-2&keywords=love%2Bto%2Bdream%2Bswaddle%2Bup%2B50%2B50&th=1

The Shusher

Ya'll. This thing is gold. Those witching hours? Use this. Put your newborn in a carrier and you'll never have to "shh" again! (I have an opinion on witching hours though...)

https://www.amazon.com/Baby-Shusher-Sleep-Miracle-Soother/dp/B00D2JN87I/ref=sr_1_1_s_it?s=baby-products&ie=UTF8&qid=1523482796&sr=1-1&keywords=the+shusher

Salt Lamp

No night lights! Newborns do not produce melatonin and only get a little through breastmilk. This is why it's important to set the environment for day AND night; to signal bedtime but also so that mom produces some melatonin to pass along if she's breastfeeding. The "blue light" that is

emitted from practically every source of light interrupts the melatonin production and also wakes a baby up more. We use a salt lamp as a night light because it doesn't emit blue light and was really handy for middle of the night diaper changes/nursing.

https://www.amazon.com/Himalayan-Natural-Himalian-Hymalain-Genuine/dp/B06XYZBCYP/ref=sr_1_1_sspa?s=furniture&ie=UTF8&qid=1523483061&sr=1-1-spons&keywords=salt+lamp&psc=1