

GRAVIDAMIGA

PREGNANCY & BABIES



Tips from Mom to Mom

GRAVIDAMIGA – PREGNANCY & BABIES GBR

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This is a collection of personal tips from Mom to Mom from our Gravidamiga community , mainly the WhatsApp group and we have added some related blog posts for you 😊

Please note that we do not assume any liability for the content provided.

Buy, Sell, Give & Lend

Here is the link to a sheet where you can advertise and look for baby items

Buy, Sell, Give & Lend

<https://docs.google.com/spreadsheets/d/1HVyTfDoAg1lJF0dKRVQsaKGQMGMMywjK/edit?usp=sharing&oid=114134871084046001160&rtpof=true&sd=true>

Travelling:

Air Travel during pregnancy

<https://www.gravidamiga.com/en/blog/air-travel-during-pregnancy/>

Air Travel with your baby/toddler including a link to a PDF to download

<https://www.gravidamiga.com/en/blog/air-travel-with-your-baby/>

Car Seat

Rotating or not?

Useful if you use the same car all the time, otherwise non rotation is fine

Maxi Cosi Pearl 360

Cybex (including rotating system)

Check if the rotation system supports a newborn car seat and the follow up to save some money.



Strollers

Hi ladies, a tip i have just learned from a friend that might come beneficial, there is a website called **strollme.de** where you can rent babyzen yoyo strollers, laufrads, woom bikes, etc... and you can choose if you prefer it to be new or used.

babyzen yoyo

It is a very reliable stroller from my experience, cabin sized and easy to fold-unfold, so definitely worth the price tag for me.

I even can carry it with one hand if the bay is not inside

UPPAbaby Minu - we chose the Uppababy Minu bc of Uppababy's very generous warranty policy.

Joie Tourist which also lightweight (around 6,3kg), and they are happy with it. It costs 1/3 than the Yoyo and also easy to fold-unfold, and cabin sized too

Bugaboo Butterfly

Other useful travel items:

JetKids by STokke

We could pull our daughter (or she could ride the box herself) through the airport and then once on the plane it converted her seat into a lie flat bed.

AirGoods Foot Rest Cushion - Foot Rest Aeroplane for Sleeping Children

Béaba - Babymilk bottle warmer with steam, grey

Dear mums, after travelling a few days and using this product ,I can fully recommended it for families always on the go and wanting to travel light. It is a bottle warmer and sterilizer in one, that uses very little space. It warms up with a timer, so it shuts off automatically (with a beep) but the dome with steam inside also stérilisés the nipple and keeps milk warm without consuming further energy. You can separate both parts n it uses minimal water.

Nightlights (good at home and really good when travelling, too)

DM sell these adorable little bear nightlights that my 8 month loves to chew on and play with and it has 3 options: white, changing colors, blue/green/orange. Love it.

Reer Nightlight



Milk Pumps for Travelling

Philips Avent:

I love the Philips Avent series for both hand and electric pumps. They now have this version Avent SCF396 with a rechargeable battery, it's light, the motor is relatively silent and small enough to carry anywhere.

Elvie Curve Silicone Breast Pump

It's not electric but if you have good milk flow it's the perfect hand free on the go solution.

Elektrische Milchpumpe 3in1 Natural Nursing / Babyono



Postpartum

Here are tips with pictures from DM what you can find for what – thank you Tash!



This is usually where you can find the stuff for mom - meleda bras, etc. Protip. Wait until your milk has come in before you buy a whole bunch of Bras like I did... your boobs change 🤔

13:07



And a baby changing station, usually with free nappies and wet wipes. This one didn't have wet wipes, but to my understanding that you can ask?

13:06



Some DM's have a breastfeeding corner. But not all.

13:05



These work great for wiping those newborn poop explosions

13:04 GbR

Please do not copy this manual. This is for your per
It does not claim to be correct, complete or up-to-date



For boosting milk supply. Also Malzbier works wonders.

13:00 greatest possible care.



Really soft pads to wipe down a newborn with. I found the clothes to be too rough in the beginning.

13:04



I kinda drink the stillsoft from time to time, it also helps. And tastes nicer than the tea 🍵

13:04



A great nipple shield if your baby is struggling to latch. It really helped me. But the hospital will give you one as well. I left mine behind by accident so had to buy.

13:04



To absorb the milk letdown. For me, I preferred these because the disposable ones irritated my nipples. Remember- it takes milk from 4 to 6 days to come in, and when it does, it hurts and your boobs can get engorged. Kira and Dr Christine have great advice for that.

13:04

Postpartum Pads



14:40

Night Extra 5 mit Flügen
BigPack, 16 St

★★★★★ 4.8 (62)



For me those were perfect

14:39



Always Discreet Inkontinenz
Pants Gr. M, Plus, 36 Höschen (...
Always Discreet Inkontinenz Pants Gr.
smile.amazon.de



Samu Pad

My husband bought ones for me in the apotheke and I loved them. Super cheap and you can change them easily every time you go to the WC. The brand is Samu and I bought the Mini ones which are actually not mini at all

Nursing Bras

Ooia Mom Still BH

They're expensive, but I LOVE ooia nursing bras. They're like period panties for your boobs 😊👶. The fabric itself is absorbent so you don't have to bother with nursing pads and don't have to worry about milk leaks showing on your clothes

https://ooia.de/products/ooia-moms-still-bh?gclid=CjwKCAjwoa-SBhBkEiwApljUomK7ek3ev1uNFY2qkOQzTu_QoMzal4o-SPSWVhprohtWFvt5aeDmeRoClZAQAvD_BwE

I have an Anita nursing bra that I love <https://www.anita.com/en/product-spotlight/pregnancy-and-breastfeeding/nursing-bras-and-underwear.html>

Medela Komfort BH – Nahtloser, bügelloser Still-BH für Schwangerschaft und Stillzeit mit dehnbarem Band und atmungsaktivem Material für ganztägigen Komfort

https://www.amazon.de/dp/Bo78J3W24G/ref=cm_sw_r_wa_api_i_Q6K8JMQVTC5WNRWSoJSC

I used these with my first baby and just reordered a few more now that baby #2 is due in a few weeks 😊

Hofish Women's Pack of 3 Full Bust Nursing Bra without Underwire, Seamless Maternity Bra with Extra Bra Extenders and Clips

https://www.amazon.de/dp/Bo8MW8P1XP/ref=cm_sw_r_cp_api_i_SP2WGBPYoWNPY3H3V81G?_encoding=UTF8&psc=1



Breastfeeding Pillow

Theraline Plüschmond

It has stuck with me from pregnancy, beginning of breastfeeding journey and now it's a great pillow for travelling. I also double it as a bed barrier to prevent my baby from rolling off the bed. It is filled with micro styropor foam spheres, and is pretty difficult to dry if you want to wash it often. I suggest an extra cover..m

Theraline is an amazing brand. I didnt buy anything expensive in the beginning because I thought it wasn't worth it, but since I didn't even have normal couch pillows (I had recently moved to germany), I couldn't just use what I already had. So yes, really, invest in a good pillow that you're properly comfortable with. I have these two from Theraline.



Blood flow after birth (enhance) – check in with a professional!

Tummy massage (from your Hebamme)

Lie on your tummy with a towel underneath your tummy

Hirtentäschelkraut tea



Baby Sleep Advise

<https://www.lullabytrust.org.uk/safer-sleep-advice/>

Blog on sleep

<https://www.gravidamiga.com/en/blog/babies-and-sleep/>

Bath Seats

Angelcare R We have this seat, very pleased with it:

<https://www.babymarkt.de/angelcare-badering-light-grey-fuer-babys-von-6-12-monaten-a315794.html?recommendationId=f26c01fo-3c8e-11ec-a83e-00007f000101>

Safety 1st 360° Rotating Bath...

https://www.amazon.de/dp/B0187EEZP6?ref=ppx_pop_mob_ap_share

Pools with Babies

Das Leuze - Kinderland

Fildorado

F3 in Fellbach

Badeparadies Titisee

You can reserve the nice chair for nap for the baby with some extra money, but I also learned that you can go to adult-only pool area with extra 5 euro. Kids up to 3 are allowed to go there. Water is warm and there is also nice chair that baby can sleep.

Link to blog of outdoors pools in Stuttgart and what to bring

<https://www.kiramiga.com/en/blog/it-is-time-to-go-out-doorpool>

Teething

I use a combination of Osanit globuli and Dentinox gel (you can get the gel in DM). Also having a teething 5 months old so I feel you 😊 good luck!

My daughter has just turned 6 months and her first tooth just came out. I've been giving her a multitude of teething toys cold and regular ones as well as applying Dentilin cream from the pharmacy and this worked very well.



Blog on Teething

<https://www.gravidamiga.com/en/blog/teething-an-overview/>

BLW App & Books

The big “downside” to BLW is the mess... so get some good bibs with sleeves (they have some at DM) and a mat for the floor under the high chair.

The Baby-Led Weaning Family Cookbook“ by Gill Rapley and Tracey Murkett.

Solidstarts APP & babyledweanteam APP

Solids Workshop from Gravidamiga

<https://www.gravidamiga.com/en/calendar/event/all-about-solids-workshop>

Entertain kids in a restaurant

I bought something called a grapple on Amazon, it looks like a little apple and suctions to the table - you can tether toys and teethingers to it so nothing ends up on the floor. I love it, and can't wait to use it when we fly. Sooo many toys ended up on the floor last time.

She was very patient and was more interested by her wet wipes, a spoon, a paper towel and a magazine, than by her toys 😂
anything is not a toy could work



Stains:

Gallseife

Denkmit

Gallseife zur
Fleckenbehandlung, 100 g

★★★★★ 4.9 (67)



for baby-related stains, I've been mixing white vinegar with Ariel powder detergent and making a little paste, seems to help

Wash it, then lay it in the sun ☀️

Babypillow

I used koala baby care, something similar. It was kindaaaa useful below 6 months (before she could flip), as it helped to Position her head to be more centered, thus preventing her from rolling to the side.

It minimised sliiightly the flat head appearance. Once baby learns to sleep sideways and on belly the head shape improves

Tagesmütter / Day Care

Blog:

<https://www.gravidamiga.com/en/blog/nannies-how-to-find-one-in-stuttgart-area/>

