



[Home](#) » [Healing Lifestyles Blog](#) » Not Your Mama's Pregnancy: Nursery Needs

Not Your Mama's Pregnancy: Nursery Needs

by Laurel House

It's easy to become obsessed with designing your nursery. It's also easy to overspend when designing your nursery. So what's an enthusiastic mom to do? Pair the cute "must haves" with the true must haves, save on what you can and splurge on what makes you smile. Here are a few of my nursery necessities.

THE FURNITURE BASICS



Forget the massive baby stores designed strategically to inspire your dreams of putting your baby to bed in jungle or hearts and flowers-etched bassinets. You can actually save a lot of money by shopping for the basics at unexpected online retailers, cutting your expenses by as much as 70%. So what do you need and where should you shop? Try [Overstock.com](#). Here's what I got:

Changing Table- [Badger Basket White 6-basket Changing Table](#)

Crib- [Child Craft Parisian 3-in-1 Stationary Crib](#) in Matte White

Bassinet- [Portable 2-in-1 Bassinet and Cradle with Toy Box Base](#)

You may choose a cradle over a bassinet depending on your lifestyle preferences:

Cradle - [Now & Forever White Cradle](#)

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Clean Air

Creating a clean environment starts with air quality. Research has shown that polluted air can have lasting biological problems on infants, impairing lung function, neurodevelopment, and exacerbating asthma. Which is where an air purifier comes in. [Rabbit Air's MinusA2](#) has a HEPA filter that removes allergens (even from animal dander), can be whisper quiet, and cleans up to 800 square feet. Plus it's anything but an eye sore and even stylish.

Baby Monitor

Whether it's a video or sound monitor placed on your baby's crib or cradle, or even a monitor attached to your baby's clothing, you will rest easier knowing your baby is. The Mimo baby monitor uses a sensor shaped like a turtle that you attach to the included onesie to send live audio, breathing pattern, skin temperature, body position and sleep activity data straight to your smartphone. You can also use the Mimo to track diaper changes, feedings and more to help ensure consistent care across different caretakers. Pretty amazing.

Diaper Changing Help

Your little wiggler gets even more wiggly when laying on his back being changed. Unless you have an extra set of hands to help keep him from flipping over mid-wipe, gently attach him to the changing table. How? [Wiggletot Diaper Changer](#). The super soft cream color vest gently secures your baby to the changing table, while entertaining him with two soft toys attached to the vest. Changing your little man is immediately easier and faster without the fuss.

CREATING COMFORT



Swaddle Him

A tight swaddle has been shown to improve sleep, decrease irritability, and calm your baby. [Ollie swaddle](#) uses a Velcro closure and wicks moisture, making your swaddle strategy easier. And when it comes to an infant, easy is everything! You can also try the [Nestled Bean Zen Swaddle](#), a lightly weighted swaddle that is used to mimic a mom's soothing touch that can help ease colic. Now you can exhale as both you and your baby are calmed.

Entertain Him

Sometimes you just need to keep your little guy occupied for a little while so that you can have a momentary mommy exhale. There are a slew of rocking sleepers, play mats, and toys to entertain him. So how do you keep him safe, in one place, entertained, and possibly hush him to sleep? Try the [Fisher Price Auto Rock 'n Play Sleeper](#), a hands-free rocker complete with music and sound effects. Easily fold it up for easy on-the-go and storage. It's your one entertainment must.

Brighten His Life

Add a little Sparkle to your Baby's room and let him know that he is always your little star with [Vintage Marquee Lights](#) star light. From newborn to adult, your child will can keep this 24" wall piece shining bright.

Remind Him

Don't go out and buy ever single cheesy picture frame that will be an unusable eye sore after a few months. Instead, place your favorite mom and baby picture in a beautiful frame that has longevity. I love the [Beatriz Ball fine metal by hand Giraffe picture frame](#). It will last a lifestyle and never become an eyesore.



Healing Lifestyles & Spas began as Healing Retreats & Spas back in 1997 with the premise and mission of bringing and making healing modalities and spa wisdom mainstream. It quickly became obvious, however, that while retreats were an integral part of the spa experience, what the magazine really hoped to do was bring the spa home, allowing readers to create a truly healing lifestyle, and thus the name change in 2001 to Healing Lifestyles & Spas.



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