Sterilizer

Sterilizers uses steam to kill bacteria on baby feeding supplies, such as bottles, nipples, pacifiers, teethers, as well as breast pump accessories. Whether to use a sterilizer at all is up to you, but many families choose to sterilize these items for at least the very beginning of their baby’s life when her immune system is still weak.

There are two types of sterilizers – microwave and electric. I decided on a microwave one, because I didn’t do that much sterilizing. I mostly used it when I had to hand wash items (those washed in a dishwasher seemed clean enough) and only during the first 3-6 months of my daughter’s life. Additionally, many reviews mentioned rust type residue on electric ones.

Formula

Choosing a formula for your newborn is an important decision, and the more you plan on using formula, the more important it becomes. One of the safest, most nutritious and most difficult to get in the US is German brand Holle. If you will formula feeding exclusively, it’s a good idea to do your research and check what options are available to your family.

If you’re set on breastfeeding, having some formula around will give you confidence that come what may, your little one won’t be left hungry. In this case you don’t have to be picky. Enfamil and Similac are recommended by pediatricians and readily available in any grocery/department store. You don’t even have to buy it. If you register on Enfamil or Similac web-sites, they’ll send you a free sample box, along with their coupons, etc.

By the way, supplementing with formula is totally fine. Many moms will find it’s hard to maintain milk supply after returning to work. Supplementing ensures both healthy benefits of breastfeeding and having enough food to satisfy your baby’s hunger.

Bottle Brush

A must-have to go with your purchase of bottles. There are plenty available, but I picked OXO because it includes a stand to ensure both your brush and your countertop will stay neat and dry. It also looked sturdier than some other brands.

Dishwasher Basket

OXO also makes cute little dishwasher baskets for bottle parts and accessories which proved to be super useful. Without it you’re guaranteed spending tons of precious time searching for nipples and straws on the bottom of your dishwasher. The doors of the basket hold up to 8 bottle nipples, which is a good amount. And you can always use it for bob baby-related items as well!