



A Holistic Doula's Guide to
*Mom & Baby Registry for
Early Motherhood*

ESSENTIAL | AFFORDABLE | LOW/NON TOXIC

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A Doula's Note

Hello mama, thank you so much for trusting my guide as one of your resources. Listed in this guide are all of my favorite products that I've used for my pregnancies, postpartum, and my littles. I lean heavily on non-toxic or low toxic products with third-party tested or certifications to ensure the highest quality, while keeping the cost reasonable or even affordable.

This free guide contains Amazon affiliate links, which means I may earn a small amount of commission from your order at no cost to you. Without further adieu, let's start browsing.





Discount codes

MotherLove Herb

Code: DAILYROSES for 15% off

Non-toxic, herbal formulation for mom and baby care

Root Avenue

Code: BRIGITTA for 10% off

Affordable, non-toxic tallow-based skin care for mom (& safe for baby)

Restorative Roots

Code: TDROLSON for \$20 off for your first order of \$200+

Nourishing postpartum-tailored frozen meal delivery services
(high quality ingredients, organic)





Pregnancy

Click the pictures to go to the product's link



These are the main supplements that I took during my pregnancies. I got them on [FullScript](#) (through my provider) to ensure high quality, except for [FullWell](#) prenatal, which I got right from their website.



Birth ball is useful for doing pregnancy exercises (especially in the third trimester) and labor positioning during early labor at home (or throughout labor at home if you're doing a homebirth!). I also love taking third trimester red raspberry tea or tincture (choose ONE) to tone the uterus muscle for labor prep. Lastly, I prioritize getting quality maternity basics for comfort and health. But if you're looking for pretty 100% cotton maternity dresses, check out [NeuFlora](#).



Postpartum Recovery



For postpartum adult diapers, I opt for cotton disposable diapers. For perineum recovery, I alternate between hot and cold treatment (each up to 3x a day for the first 72 hours of postpartum)- hot to promote blood flow and healing, and cold to help reduce swelling. For hot treatment, sit on a warm sitz bath with sitz bath salts for 20 minutes. For cold treatment, use instant cold pad as perineum compress for 10 minutes - put some sloe gel and witch hazel on the pad for extra soothing recovery impact.



For atterpain natural remedies, I resort to homeopath Arnica Montana and Afterease herbal tincture from WishGarden for the first week or two of postpartum instead of Tylenol/ Ibuprofen. For hormone balance to tackle postpartum blues, I resort to Rebalance tincture from WishGarden. To optimize sleep and rest for recovery, I opt for these cotton pajamas.



Breastfeeding



From left to right: (1) MomCozy OEKO-TEX nursing bra with fixed padding, (2) Momanda cotton nursing bra, (3) cotton sleeping bras, and (4) MomCozy nursing & pumping bra (set of 2) OEKO-TEX 90% cotton



Breastfeeding can be tough and painful the first few weeks of postpartum, so here are some natural breastfeeding accompaniments to help you along the way: healing nipple balm from MotherLove (safe for baby), original Silverettes nipple guard to promote healing, breastmilk booster herbal tincture from Earthley (Milk Rich from WishGarden is good too!)





Newborn Care



Baby carrier is a must-have for me. I love the newborn cotton Boba wrap for my littles up to 4 months old or 15 lbs. Once their neck muscles got stronger, I switched to a more structured carrier like ErgoBaby Omni Classic or MomCozy Carrier with Hip Seat.



For newborn & baby care, I chose *at least* organic cotton PJs (or better with OEKO-TEX or GOTS certifications to reduce toxic chemical load). The only products I used on my babies' skin are unscented baby soap and diaper balm, my favorite is from MotherLove. E-nail filer, nose sucker, and saline spray have helped me a ton for baby care. Plus, an air purifier has become a staple in my house, including the nursery to maintain healthy air flow - we love ours from BlueAir for its affordability and efficiency.





My Favorite Brands

Health Cabinet

- Mary Ruth's
- Boiron
- Bee Keeper's
- Earthley

Skin & Body Care

- MotherLove
- EarthMama
- Root Avenue

Clothing

- Little Planet by Carter's
- Touched by Nature
- Honest
- Burt's Bees

