

## The Minimalistic Baby Essentials Checklist (for a first-time mother)

### Description

It can be really mind-boggling as a first-time parent to figure out what's necessary and what baby items are good-to-have. After all, we're constantly being flooded by ads online and by Instagram influencers, all of whom seem to say that pretty much *everything* is a must-have!

Instead, I turned to the helpful community of Dayre mummies for advice, and consolidated our own version of a truly Minimalistic Baby Essentials Checklist that we'll be using:



[Image credits](#)

In this list, I also share where I chose to get many of my baby items from, and there are plenty of ways that one can get for free or at a reduced price if you're savvy enough to know where to look. I started my search on Mothercare, but didn't end up purchasing any from it in the end as I found cheaper substitutes elsewhere – Qoo10, Carousell and Taobao were my go-to places for value purchases!

| Item                    | Price | Source  |
|-------------------------|-------|---|
| 3-in-1 Baby crib        | \$110 | <a href="#">Taobao</a>  |
| Baby bath tub           | Free  | Mount Alvernia Hospital   |
| Baby bathing net        | \$4   | <a href="#">Taobao</a>  |
| Breast pump set         | \$100 | Spectra S1 (pump was second-hand from friends, parts were from Qoo10) |
| Breastmilk storage bags | Free  | Goodie bag from attending Cordlife pregnancy conference               |

|                               |              |  |
|-------------------------------|--------------|--|
| Milk bottles x 3              | Free         | Goodie bag from attending Cordlife pregnancy conference & gifted by AXA's Know Your Planner  |
| UV Sterilizer                 | Free         | Free from Cordlife package   |
| Bottle warmer                 | \$12         | Carousell (second-hand)  |
| Baby clothes*                 | \$140        | <a href="#">Taobao</a> , Primark (London) and friends  |
| Diapers (70 pcs)              | Free         | Free samples by requesting from Merries, Goons, Huggies, Drypers, Mamy-Poko and from other baby goodie bags by insurance agencies. Also from NTUC Good Start Bundle. |
| Baby wet wipes                | \$10         | Cloversoft, Pee-Ka-Poo & NTUC Good Start Bundle  |
| Waterproof changing mat       | Free         | Goodie bag from attending Cordlife pregnancy conference  |
| Ruyi / Eucalyptus oil         | Free         | Goodie bag from Mighty Sprouts   |
| Car seat                      | \$120        | Baby fair  |
| Stroller                      | \$55         | <a href="#">Taobao</a>   |
| Baby carrier                  | Free         | Gifted by a friend / also a free gift with Aviva's MyMaternityPlan   |
| Nail clippers                 | Free         | Goodie bag from Mighty Sprouts   |
| Baby soap                     | Free         | Goodie bag from Mighty Sprouts   |
| Nursing cover                 | Free         | Goodie bag from Nestle (request online)  |
| Baby towels                   | \$10         | <a href="#">Taobao</a>   |
| Waterproof mattress protector | \$10         | <a href="#">Taobao</a>   |
| Nursing bras (5 pcs)          | \$25         | Qoo10  |
| Diaper bag                    | \$13         | <a href="#">Taobao</a>   |
| Crib Storage Organiser        | \$18         | <a href="#">Taobao</a>   |
| Nursing pillow                | \$13         | <a href="#">Taobao</a>   |
| Diaper & nipple cream         | \$20         | <a href="#">Blended</a>  |
| Breast pads                   | Free         | Goodie bag from attending Cordlife and TMC pregnancy conference  |
| <b>TOTAL COSTS</b>            | <b>\$660</b> | –  |

*Feel free to build on this list or make more suggestions in the comments below if you think there's anything else I've missed out on!*

## How many baby clothes to prepare?

\*For baby clothes, we bought:

- 8 x newborn rompers
- 6 x 3 months old rompers
- 2 x newborn mittens
- 4 x pajamas
- 4 x socks
- 5 x bibs (\$3 from Carousell, and 2 were free from goodie bags)

I didn't go overboard on buying baby clothes because my mother-in-law said that friends and relatives would probably gift them to us when they visit us and the newborn baby, and she's usually right so we're taking her word for it. Otherwise, if you're not too fussy, preloved baby clothes would be a good

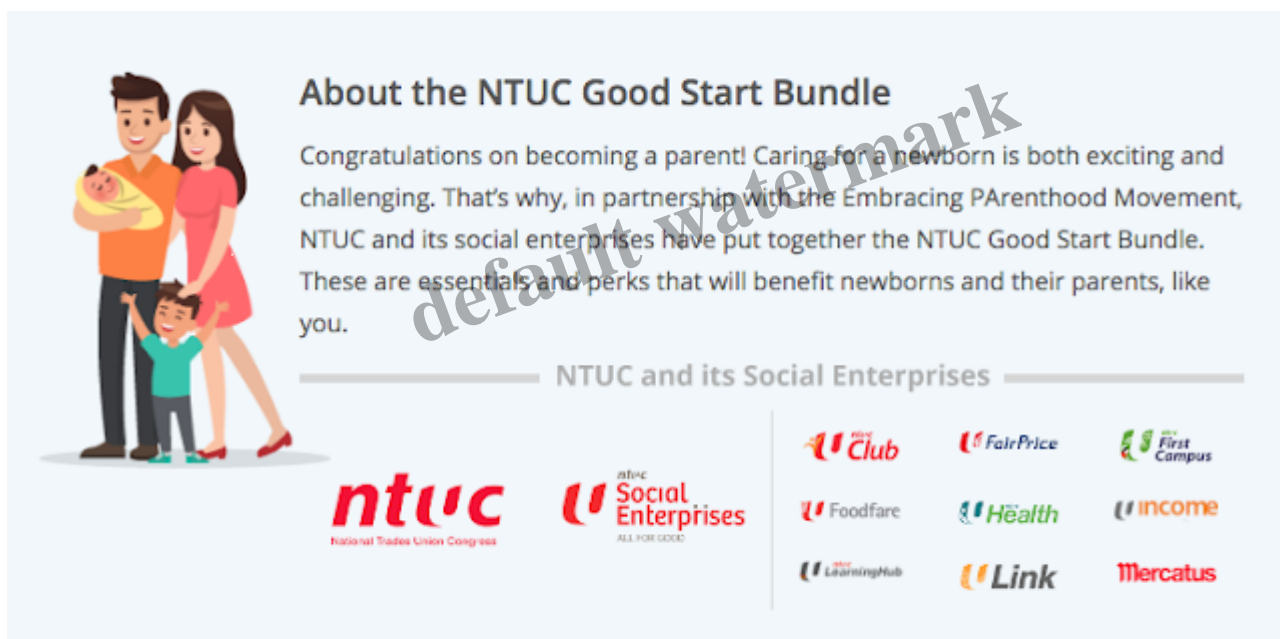
alternative too as they're usually softer, and your baby will outgrow them in no time anyway!

We're trying to hold back on buying *too many* baby clothes because [the mileage for them isn't great](#), but at the same time, we want to have some to dress baby up and take nice photos for memory sake as well! Do balance this out according to your budget and affordability.

Preparing for a baby sure isn't cheap, and we've yet to factor in the full costs of diapers which we intend to get after our son is born so that we can assess which is a better fit for his size. Considering most newborns use 8 – 10 diapers a day, this should set us back by about \$50 – \$60 each month.

(At least in the first few months, we do not intend to use cloth diapers because there'll also be water and electricity costs anyway, and we foresee that we won't have enough energy to wash them then.)

## The NTUC Good Start Bundle



**About the NTUC Good Start Bundle**

Congratulations on becoming a parent! Caring for a newborn is both exciting and challenging. That's why, in partnership with the Embracing PARENTHOOD Movement, NTUC and its social enterprises have put together the NTUC Good Start Bundle. These are essentials and perks that will benefit newborns and their parents, like you.

NTUC and its Social Enterprises

**ntuc** National Trades Union Congress

**ntuc Social Enterprises** ALL FOR GOOD

- myClub
- FairPrice
- First Campus
- Foodfare
- Health
- income
- LearningHub
- Link
- Mercatus

If you don't already know, there's another initiative that all new parents HAVE got to know about – the NTUC Good Start Bundle!

As long as your baby is born between 2016 – 2019, you're eligible to redeem your free bundle! This is specially curated by NTUC and its 8 social enterprises, and I've personally had my eye on this ever since my friends at Dollars & Sense told me about it.



Here's my bundle, given to me as a press kit for this review

### What's in the bundle?

Over \$300 worth of essentials and benefits to help you and your newborn cope with this major change in your life:

- **NTUC FairPrice "FairMily Kit"** – contains \$100 worth of groceries for your baby and family, such as infant formula milk powder, baby wet wipes, diapers, baby toiletries and more. The oats are also great milk boosters for mothers who will be breastfeeding your babies!
- **Free 1-year health insurance coverage for your newborn** – this is a [Medisave-approved Integrated Shield Plan](#) administered by NTUC Income and worth up to \$205 (excluding MediShield Life premiums). You can choose between the [Standard](#) or [Enhanced Plan](#), which will help pay for hospitalisation costs incurred. There are also options to include additional riders for a daily hospital cash benefit or a child illness rider to protect your baby's well-being, if you'll like.

- 1 **Unlimited lifetime coverage<sup>2</sup>**
- 2 **As charged<sup>3</sup> coverage**— helping you pay for what you have incurred
- 3 **Letter of Guarantee<sup>4</sup>** to waive hospital deposits
- 4 **Premiums payable with Medisave** up to the withdrawal limits (main plan only)
- 5 **Option to enhance coverage with additional riders**
  - Plus Rider<sup>5</sup> gives you coverage from the first dollar<sup>6</sup>
  - Assist Rider<sup>5</sup> minimises your hospital bills
  - Daily Cash Rider<sup>5</sup> pays you cash if you're hospitalised
  - Child Illness Rider<sup>5</sup> protects your child's well-being

*P.S. I know I've mentioned previously that hospitalisation insurance is the **FIRST** plan you need to get once your child is born, but instead of having 2 health insurance policies running at the same time, you might as well save on premiums during the first year through this initiative! However, if you've already kanchiong spider and bought one of NTUC IncomeShield*

*Standard/Enhanced plans for your baby prior to signing up for this Good Start Bundle, don't worry, you'll still get to enjoy automatic waiver of your second-year premiums.*

- **Free Plus! cards for non Plus! members** – for parents to earn LinkPoints on your daily and baby essentials at over 1100 outlets.
- **Complimentary playtime entry to The Little Skool-House Early Literacy Centre** – bond with your child on Thursdays for free at the centre and partake in the different activities catered for children from 0 – 3 years old. Worth \$180, all you need to do is to make an appointment with ELC by calling 6585 5292 or email [elc@littleskoolhouse.com](mailto:elc@littleskoolhouse.com) in advance, and that's it! I intend to bring our son here to play very soon ?
- **Early Experiences Matter : Parent-Child Activity Book** – by NTUC First Campus and worth \$15, when you attend any of PA's Embracing PArthood celebratory events held in all constituencies in Singapore (just pick the one nearest to you!)

*I really like this activity book as it gave me some great ideas on how to cut costs further and DIY my own activities with my child in his early formative years – including wind streamers, sock puppets, DIY crib mobile, jigsaw puzzles, and more! Will post more on that when I get down to making them ?*

With so much goodies inside, I bet you won't want to miss out on this one.



[To redeem your own free bundle, head over here to register!](#)

*P.S. This post is written in collaboration with NTUC Good Start Bundle, who sent over my pack prior to my baby's birth for purpose of this review so that fellow mummy readers can benefit. All opinions and lists are that of my own.*

With love,  
Budget Babe

### Category

1. Family
2. Pregnancy