

BABY FEEDING GEAR GUIDE

FOR EXPECTING WORKING MOMS



How to choose the right fit baby feeding gear
that is **SAFE** for your baby, within your **BUDGET**
and suitable for your new **LIFESTYLE** as a
working mom.

NKEM ADENIRAN-ADEDOKUN



Hello

I am so excited that you are ready to start shopping for your baby even within your busy schedule as an expecting working mom.

If you feel confused and overwhelmed on how you will be able to know the right baby gear that would be safe for your baby, within your budget and suitable for your lifestyle as a working mom to be.... you are in the right place.

This guide will start you off with helping you know the types of feeding gear available, their importance, features and how safe they are for your baby. It will help you save time, energy and money.

I hope you enjoy using this guide and that it empowers you to choose the right fit feeding gear for your baby.

Nkem Adeniran-Adedokun



Please follow all product instructions found in the product manual carefully or contact manufacturing company directly for instructions or questions.

Also note that products shown do not constitute endorsement.

Wishing you a stress-free maternity experience!

DISCLAIMER: THE AUTHOR DO NOT WARRANT ,GUARANTEE OR MAKE ANY REPRESENTATIONS REGARDING THE USE,OR THE RESULT OF THE USE, OF THE EBOOK IN TERMS OF CORRECTNESS,ACCURACY, MEDICAL KNOWLEDGE, PRODUCT RELIABILITY, ACCESSIBILITY, RELIABILITY OR OTHERWISE. CLIENT/READERS ASSUMES SOLE RESPONSIBILITY FOR ITS USE OF INFORMATION DELIVERED HEREUNDER TO ACHIEVE CLIENT'S/READER'S INTENDED RESULTS AND THE RESULTS ACTUALLY OBTAINED FROM THE USE OF THE EBOOK CONTENT.

Copyright © 2025 First Time Moms Academy. All Rights Reserved. No part of this document may be reproduced or shared without express, written content from the author.

YOUR BABY'S SAFETY

WHAT IS BPA?

BPA stands for bisphenol A. BPA is an industrial chemical that has been used to make certain plastics and resins since the 1960s.

BPA is found in polycarbonate plastics and epoxy resins. Polycarbonate plastics are often used in containers that store food and beverages, such as water bottles. They may also be used in other consumer goods.

Epoxy resins are used to coat the inside of metal products, such as food cans, bottle tops and water supply lines. Some dental sealants and composites also may contain BPA.

Some research has shown that BPA can seep into food or beverages from containers that are made with BPA. Exposure to BPA is a concern because of possible health effects of BPA on the brain, behavior and prostate gland of fetuses, infants and children. Additional research suggests a possible link between BPA and increased blood pressure.

However, the Food and Drug Administration (FDA) has said that BPA is safe at the very low levels that occur in some foods. This assessment is based on review of hundreds of studies.

The FDA is continuing its review of BPA, including supporting ongoing research. In the meantime, if you're concerned about BPA, you can take these steps to reduce your exposure:

- Use BPA-free products. Manufacturers are creating more and more BPA-free products. Look for products labeled as BPA-free. If a product isn't labeled, keep in mind that some, but not all, plastics marked with recycle codes 3 or 7 may be made with BPA.
- Cut back on cans. Reduce your use of canned foods since most cans are lined with BPA-containing resin.

Avoid heat. The National Institute of Environmental Health Sciences, part of the National Institutes of Health, advises against microwaving polycarbonate plastics or putting them in the dishwasher, because the plastic may break down over time and allow BPA to leach into foods.

- Use alternatives. Use glass, porcelain or stainless steel containers for hot foods and liquids instead of plastic containers.

Brent A. Bauer, M.D.

Source: www.mayoclinic.org

ADDITIONAL CONSIDERATION FOR OTHER FEEDING PRODUCTS

- Besides bottles you will need bowls, spoons, and eventually a few training spouts/cups during the first year of your baby's life.
- Ensure the feeding products you select are free of toxic chemicals
- Easy to clean is another important consideration
- Items such as dishwasher baskets, bottle and nipple cleaners are widely available to make cleaning your feeding items easier; as are non-toxic, chemical-free, cleaning products.

Note: If an item doesn't specifically say it is BPA free, it may not be; and should be hand washed, not put in the dishwasher. This is because BPA is known to leach into foods once the plastic starts breaking down.

This begins to happen after washing in high temperatures.

Please note that is not to scare you but to provide information that will guide you when buying products especially for your baby's safety.

BREASTFEEDING AND PUMPING

FEATURES TO CONSIDER WHEN SELECTING A BREAST PUMP

There are several different types, models and brands of breast pumps. To determine what you need and want, you need to understand the amount of work that each kind of pump will do.

TYPES OF PUMPS

PERSONAL ELECTRIC (ELECTRIC OR BATTERY POWERED)

DOUBLE ELECTRIC PUMPING means you will empty both breasts at once; these pumps are designed for moms who pump several times a day.

SINGLE ELECTRIC PUMPING means you empty one breast at a time; these pumps are designed for moms who nurse their babies for most feedings.

MANUAL (OPERATED BY HAND)

SINGLE PUMP is designed for those occasions when you need to be away from your baby for short periods of time.

PUMPING ACCESSORIES

MILK STORAGE CUPS, BOTTLES AND PLASTIC MILK STORAGE BAGS

They are designed for storing breast milk in the refrigerator or freezer.

ORGANIZERS are designed to organize stored milk in the refrigerator or freezer.



SINGLE ELECTRIC PUMP

DOUBLE ELECTRIC PUMP



SINGLE MANUAL PUMP

PLASTIC MILK STORAGE BAG



ORGANIZERS

PHOTO CREDIT: MEDELA

Please note that brand products shown do not constitute endorsement.

BOTTLE FEEDING

FEATURES TO CONSIDER WHEN SELECTING A FEEDING BOTTLE

Before introducing bottle - feeding, breastfeeding should be well established before introducing a bottle except there is a strong need not to.

Your baby will be the one to decide which bottle you end up using, if any. Be prepared to try several brands (especially close to nature brands) to see which your baby prefers. Bottles can be made from glass, silicone, plastic or stainless steel; each offer pros and cons and this decision largely boils down to personal preference.

Some brands have some alterations slightly in design and number of components based on the country's specifications or stores. Same brand but different specification and prices. It can be product for USA stores, UK, etc

TYPES OF BOTTLES

An emerging trend is interchangeable nipples/spouts that allows families to use the same base cup as the child grows from bottle to trainer cup to straw cup.

STANDARD (OR NARROW)

Classic shaped bottle that does not have any additional features.

WIDE-NECK

Slightly shorter and broader compared to a standard bottle and used with a corresponding wide-neck nipple; the wider nipple used on a wide bottle mimics the size and shape of the breast.

ANGLED

Looks like standard bottles with a bent neck; their shape causes liquid to collect at the bottle's nipple, designed so your baby is less likely to swallow air.



STANDARD (OR NARROW)



WIDE-NECK

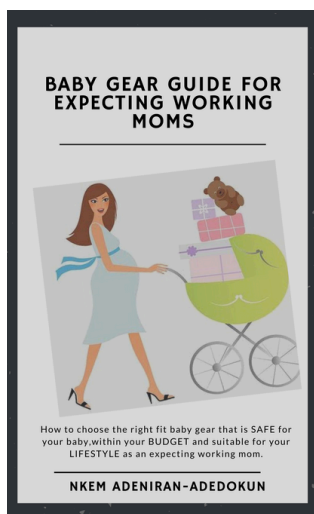


ANGLED

PHOTO CREDIT: AVENT PHILIP & EVENFLO

Please note that brand products shown do not constitute endorsement.

DO YOU WANT TO KNOW MORE ABOUT OTHER SAFE BABY GEAR ?



Watch out for the comprehensive ebook titled "The Baby Gear Guide for Expecting Working Moms " to help you know the types of products available in every category of baby gear, their importance and features.

Coming soon!

MY STORY



Hello, my name is Nkem Adeniran-Adedokun. I am a Maternity Consultant who is passionate about maternal mental health.

As a first-time mom to-be , many years ago, I didn't know what to expect because some of the physical and even emotional changes I was experiencing were new and confusing.

Yes, I was going for my regular ante-natal check-ups but that wasn't just enough. I needed to talk to someone badly, someone who really understood what I was going through, I needed guidance in key areas relating to how to prepare towards my baby's arrival

I became even more confused with the numerous advice I got. It went from things like buy this, buy that, don't bend, don't stand, do this, and do that. Shopping for baby essentials and packing hospital bags during my first two pregnancies were also stressful and expensive.

I didn't have any clue as to what product, gear or brand would be affordable, safe for my baby and suitable for my new lifestyle as a working mom. It was really overwhelming.

When I finally compiled my list, I had only weekends to go out to shop and frustratingly, it was impossible to get all the items I needed in one shop.

I was advised to go to Lagos Island Market (Popular Nigerian Market) and I did but it wasn't a good choice for me. First off, I nearly fainted from exhaustion and then, due to my inexperience, I ended up buying fake items and products I couldn't use or even to give out.

Maybe I wasn't guided properly or I didn't do my research well but I really wished I had an easy to read book showing me the types of products available in every category of baby gear, the opportunity to explore the products, their importance, and features. Maybe a support group, that would have been the icing on the cake. I would have saved a lot of time, energy and money.

In all, it was an experience that made me decide to educate and guide expecting new moms on how to choose the right fit baby gear that is SAFE for your baby, within your BUDGET and suitable for your LIFESTYLE as an expecting new working mom.

If my experiences sounds like yours, I strongly believe that using this information in this ebook serves as an essential tool in helping you make the right choice and a stress-free maternity experience.

**SEE YOU
SOON**

