

Nesting | Baby & Maternity Shoppe

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FOR INCLUSION IN THE “NEW YEAR’S BABY” SPECIAL SECTION

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Declutter your diaper bag with these seven essentials

Written by Christina Beringer, Owner of Nesting in downtown Colby – the only independently owned boutique in Kansas specializing in natural parenting supplies and lactation support

COLBY, KAN. (Tuesday, Dec. 26, 2017) – For new moms and veteran parents alike, a diaper bag can certainly be a life-saving, mess-hiding, catch-all bag of usefulness. However, it can quickly weigh more than a toddler and also become a bottomless pit bag of Mary Poppins mystery if some thought doesn’t go into its contents.

Christina Beringer, owner of Nesting in downtown Colby, has compiled this list of seven diaper bag essentials – in addition to the oh-so-necessary diapers and wipes – to help parents leave the house without the excess. Of course, don’t forget the diapers and wipes.

#1: The Bag | The diaper bag backpack is a modern parenting gamechanger. Parents will want to find a good quality bag with as many built-in accessories as possible, including stroller straps, clips, wipes pouch, and insulated pockets, just to name a few. Beringer’s favorites include the coated-canvas Robyn Convertible Backpack Diaper Bag by Babymel, which has a wide opening and is a little more shallow than a traditional backpack so little items don’t get lost at the bottom. Plus, it has an “easy wipes pocket” on the outside for quick clean-ups on the go.

Another suggestion is the Boss Backpack by Itzy Ritzy. It features a large pad of rubber feet on the bottom to protect the bag from dirty surfaces and wear and tear. With 26 pockets, there is a spot for every item—big or small. And, the front panel folds open completely, allowing complete access and alleviating the bottomless pit problem altogether.

“Most diaper bags come with an insulated bottle carrier and changing mat,” says Beringer. “These accessories are a must-have and it’s a bonus if you can find a diaper bag that has the insulated bottle carrier built in, like many of the bags from Babymel. It’s just one more thing you don’t have to worry about when you are trying to leave the house in a hurry.”

#2: An Extra Set of Clothes | No matter how old a child is, spills and accidents happen. Babies have blowouts and potty training toddlers dribble. An extra set of clothes can turn a messy situation into a no-muss, no-fuss moment.



#3: Zippered Water- and Odor-Proof Wet Bag | Tough enough for dirty cloth diapers, a well-made wet bag traps odors and keeps wet messes contained. Beringer's favorite is the Grand Wet and Dry Bag from Bebe au Lait. It has a snap-on wrist strap so it can be hung from the side of a stroller, diaper changing station or the headrest in a car. A dry pocket for clean clothes, snacks or toiletries, in addition to a polyurethane lined wet side for soiled clothes and bottles that might leak add to its usefulness. Wet bags also come in mini versions that are the perfect size for medicine and syringes, snacks, cosmetics, pacifiers and extra spoons.

#4: Pacifier and Clip | A lot of diaper bags come with extra clips either on the outside or inside the bag; these are perfect for attaching a pacifier that stays with your bag all of the time. If not, there are a lot of cute pacifier clips out there. Pacifiers are oftentimes an infant essential, so knowing there is always one in the diaper bag can be a huge comfort for Mom, too.

#5: Nursing Cover | Current law is in favor of breastfeeding moms, giving protection to nurse in public. And the latest trends are on Mom's side, too. The variety of chic prints and breathable fabrics added to an assortment of styles and types of nursing covers makes it easy for Mom to find one that's perfect for her lifestyle. The multifunctional Mom Boss from Itzy Ritzy is a Nesting customer favorite since it can be used as a car seat cover, shopping cart cover, infinity scarf and nursing cover. And, it's big enough to be a back-up blanket. This type of nursing cover is a must-have if a Mom's end goal is to declutter the diaper bag.

"Having a nursing cover handy at a moment's notice is a huge lifesaver," says Beringer. "I particularly love how the infinity style nursing covers are able to envelop Mom's entire front and backside alleviating any potential peep show, especially if you've forgotten to wear a tank top under your shirt. Infinity scarf-style nursing covers are also helpful if you are nursing outside on a windy day, or if your baby likes to grab at things while feeding. When you are done nursing you can use it as a tummy-time mat while you get yourself put back together."

#6: Teething jewelry | "I love teething necklaces and bracelets for so many reasons," Beringer confides. "On a quality piece, the silicone beads are individually tied on so if the necklace were to break, you won't have little choking hazards flying all over the place. The nylon string is so easy to clean and oftentimes the clasp is created in such a way that it won't allow Mom's hair to get tangled and knotted around it. The necklace acts as a quiet toy perfect for church and has small beads for baby to gnaw on while teething. It can also be worn by Mom while she nurses so baby has something to play with, encouraging them to leave Mom's hair, earrings and nursing cover alone."

#7: Bottle of water | Moms and kids need to stay hydrated and nursing moms have an even greater need to keep drinking water throughout the day. Always traveling with a bottle of water is a good habit to adopt, handy for curbing a cranky toddler, mixing with

formula in a bind, or whatever. Bonus: when the bottle is empty, Mom can throw her nursing necklace inside for a brand new toy.

“Your toddler can work on her fine motor skills by trying to pull the necklace out,” says Beringer. “Let it be shaken around, or point out the colors inside. Oftentimes, the most unconventional toys are your baby’s favorites. And, the key to getting rid of excess items in your diaper bag is to find new ways to use things you already have.”

A new business in downtown Colby, Nesting was established in July 2016 and is open three days per week: Thursday and Friday 10 a.m. to 6 p.m. and Saturday 10 a.m. to 2 p.m. For information, visit www.facebook.com/NestingBoutique or contact Beringer at 785-460-6378 or christina.nesting@gmail.com

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