401 - What to Buy on Black Friday (or on sale) Transcript

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Episode Intro and Sale Strategy

So to recap, the things you want to get while they're on sale are the expensive items and the one-time purchases. So if you're pregnant, that's things like breastfeeding related stuff or furniture for your baby's room.

If you have a baby already, it's toddler level stuff. And I also give you some general gift ideas that will benefit the whole family. And things you don't want to get this time of year necessarily are things like baby clothes and diapers and formula because those are the things that you're probably going to lots of from friends and also they are pretty much always on sale anyway.

Hi, you're listening to season four of the Baby Manual Podcast, the podcast that helps new parents all over the world navigate the everyday challenges that arise when you have a young baby.

This season will help you decide which pregnancy, baby, and toddler items you actually need and which ones are a waste of time and money. I'm pulling on the knowledge of hundreds of thousands of new parents around the world, other pediatricians, doctor moms, the Academy of Pediatrics, breaking pediatric news sites, all to give you the best information and recommendations that I can, because I know how overwhelming it can be.

I am your host, a pediatrician, mom, and author, Dr. Carol Keim. Hello and welcome to the first episode of this season. So baby items you actually need.

Today we're going to talk about baby-items you should get while they're on sale. If you're listening in real time, this is coming out just before Black Friday.

There are about to be a bunch of sales on Black-Friday and Cyber Monday, and now they just do this whole week-long thing usually. there's also typically another sale around Labor Day, another one around Memorial Day which is the end of May.

various other holidays that tend to have sales. So just keep in mind this can apply lots of other times of the year. Anyways, we're going to go through a couple of items that tends to on sale at specific times and you want to get them new and so it's a good idea to find them while they're on sell.

All right. I'm going to go kind of by category. First, I want to talk about things for moms who are currently pregnant to get for yourself. Then I am going talk things to for your baby if you're currently pregnancy.

So things that you'll use like in the next year, like the first year of your babies life. And then if already have a baby, we're going about about to things get your current baby that will be wanting in next in year their life And then we're going to talk about general household things or things that you could get for your partner or your spouse.

Remember, there's going be links to all of these things in the show notes. You can access those underneath. If you go into the podcast app, you should be able to find those shownotes in there and then there should links in their.

Pregnancy Essentials: Breastfeeding and Comfort Items

So pregnant mom items. First, I want to take about my breast pump because breast pumps are something that should get while you're still pregnant. you can use it at the very end of pregnancy to induce labor after 37 weeks.

You can start using the press pump a couple of times a day and that over time, over a few weeks could theoretically cause you to go into labor and then also could help you collect colostrum for your baby, might help your milk come in sooner.

You might want it on hand when your babies is born in the hospital to also then like supplement your babys in hospital. Always go with your pediatrician and your lactation consultant's recommendations of course, but this is what I would suggest.

when you're choosing a breast pump. So I looked through a whole bunch of different ones and a lot of them do go on sale on Black Friday. The newer breast pumps nowadays are the wearable ones.

And I really like these for moms who are working. So if you're planning to work and pump, and you want something that is wear-able and not very visible, the best one that I found for that, is the Elvie.

The original El vie. That's the one I ended up getting. It's really quiet. The biggest complaints that I saw about it are that it only holds a small amount.

It says that holds five ounces. I found that really it holds only three ounces and then it starts to leak. So if you tend to only produce around three ounce or if don't know how much you're going to produce, I'd say if your breasts before pregnancy are on the smaller side, like A or B size, that's probably fine and not going be an issue for you.

If you tend to be an overproducer or it just seems like women who tend have more breast tissue often will produce more. It's not always a one to one. But if you're not really sure, if think you might over produce or if feel like everyone in your family is an Overproduce, then you may not want to do that one because it is expensive.

And if get it on sale, like you can't return it. So anyway, so if your if if decided that you want get this one, this is a good time to get. That's when I got mine.

I saved a lot of money on it, There's also the willow is another one that is wearable, that's invisible. And then there's a handful of other ones that have things that stick out of the top.

So you can kind of see it, but if you threw something over it like a scarf or whatever, you wouldn't necessarily notice it. You could theoretically wear it at work.

it's not like those old, you know, like the trumpet ones that are huge and you have to sit down. You have be like attached to a wall to use them. These are truly portable and can be worn at work.

So anyway, so this is a good time to get your breast pump. And then if you don't want to do that, and also if want have a well breast-pump, it is good idea because the well ones do tend to have larger volumes, capabilities.

They also have higher suction and so a lot of women will just get more out of them from the ones that plug into the wall. Those ones you can pump directly into bottles that you're going to be feeding your baby from too.

So super convenient. Anyways, I think it's a good idea to have one of each kind of breast pump if you are planning to breast feed and ever give bottles of milk at some point.

Yeah. So anyways, breast pumps. Then hands-free pumping bra along with that. Something that allows you to pump without having to hold on to the pump, you'll actually get more out of it that way because they'll hold it tight against your breasts.

I have a link to one in the show notes, but for this one, any brand is fine. But just when you're getting your breast pump you want to get the pumping brow with it.

And so that's why I said it here, even though it really doesn't matter if you get it on sale or not, they tend to not be that expensive. Breastfeeding bras and shirts.

These are things that I lived in for the first several months of my baby's life. I only wore a handful of shirts and bras, so I would say invest in some good ones.

This is a good time to get them when they're on sale. A lot of the bigger companies have them, but we'll put some links in the show notes for some But really, any breastfeeding bras that are comfortable and shirts that will be comfortable, you will use these the whole time.

Tank tops and all these breast feeding related things. The Lila delivery gown. This is one that they tend to have sales. I would get these when they're on sale.

It's very soft. it has snaps in all the right places so that you can keep the gown on and still get an epidural if you want to and you still have an IV and have the blood pressure cuff and remove parts of it and stay covered for parts and breastfeed.

And it's really awesome. I can't say enough good things about it. I heard about on TikTok in the first place and I absolutely loved mine. So again, we'll link that one below as well.

It was developed by a labor and delivery nurse and it just is an excellent thing to have. So yes, I would say get this. Get this new. You'll love it. A pregnancy pillow, if you're going to get a pregnancy, this is a great time to do it.

This is kind of a one-time purchase that you will use through the rest of your pregnancy if your still pregnant. It's usually just like a giant U-shaped pillow that can snuggle with, but it supports your back and your belly.

And it really is helpful towards the end of pregnancy. As your body gets bigger, it gets harder and harder to sleep. So this can help preserve your sleep towards Compression socks, if you're gonna get a handful of compression socks this is a good time to get them as well if your still pregnant.

Bamboobies, these are bamboo inserts that go in your bra to catch milk for when you're breastfeeding, it catches the extra drips or after pumping catches those dribs or if you are having let down, they can catch that as well.

These are really soft and they don't stick to your nipples like some of the other breast pads and inserts do. So I really like the Bamboobies. They were actually developed by somebody who is local to me in Colorado, which I thought was really cool.

I love this brand and highly recommend these ones. So we'll link those. Spanx and other kind of body shapewear, I hate that our society is so focused on looks and also I feel like this is something that I really enjoyed having after having a baby, was some kind shape wear so that felt like I could go out in public for nice events and wear nice clothing and not feel I was in somebody else's body.

So some sort of shapewear, this is a good time to get it. These tend to go on sale around Black Friday. Bombas, the socks, bombas are bamboo socks. They are comfortable.

they are warm, but not overly hot. Um, they're perfect socks get them. The they go and sale for Black friday. Uh, get those. And then anyone that's doing packages of services, if you have, say, a photographer in mind for like birth photography, maternity photo shoot, and newborn photos, family photos those kinds of things, you might find somebody that is doing a package this time of year.

to that as well. And then maybe like prenatal massages or any other sort of like therapists that work with women who are pregnant or who have recently had a baby, bodywork type stuff.

This is a great time to get that. Also, the baby manual. So I put my book on sale every year for Black Friday and every other Mother's Day. If it's around those times, check out the Baby Manual on Amazon.

All right, things that are for your baby. If you're still pregnant and you about to have a baby, these are things you are going to use sometime in the first year of life and it's a great idea to get it while they're on sale.

And you probably want to it new. So, a crib. Now with the caveat. So most cribs nowadays are the same. You can get a three-in-one crib where it goes from an infant crib to a toddler bed where you put the mattress all the way

down and it has a railing that's partially covering the front of it for the toddler.

And then it eventually turns into a headboard and a footboard for a twin bed. They're kind of all the same in terms of like safety and regulations and things.

It's just a matter of your style and if you want to get like a specific brand or not. So you don't necessarily have to have this on sale. You don' even have get it new.

you could get this used. Just make sure that it's a recent one that is up to safety code. Now crib mattresses you probably do want to get while they're on sale because a mattress is a one-time purchase that your child is going to have for a few years.

I actually would suggest getting a cheap mattress over a fancy one because what I found is that the cheap ones are waterproof. They're just like this plasticky material.

Um, they are all safe. All crib Mattresses are safe for babies.

Baby Gear for the First Year

And so this material is safe, but it's also totally waterproof. And so if your baby throws up or they have diarrhea in their crib and it soaks all the way to the mattress, which often happens at least once in your babies life, it is going to happen.

You want something that's easy to clean, something you can sanitize. So if you get one of the cheaper plastic ones, you could just wipe it down with like a Clorox wipe and then it will be clean.

Versus if get the fancier ones that are made out of like bed fabric stuff and foam underneath it, it can soak into it and it gets pretty gross and you're gonna have to throw it out and get a new mattress for whenever your baby gets sick.

So anyways, I would just get the sheep crib mattress. Now, if you are thinking of getting a SNU, these do tend to go on sale a couple of times during the year.

And these are things that are very expensive. Now a SNU is a really fancy crib, bassinet thing that has a swaddle built into it. And it also has these detectors that sense whether your baby is awake and crying and moving.

It rocks your babies gently and it shushes and helps them fall back asleep. I have seen reviews all over the place for this. A lot of people absolutely love it.

They say it's amazing, life-changing, helps their sleep a lot. Some people said that their babies didn't like it, and so it is one of those… It's hard to say.

And it was a big investment. I would say, ultimately, all you really need is a safe place where your baby can sleep. So whether that is a crib or a SNU or bassinet, anything that's a safe sleeping surface is okay for your baby.

So if you are deciding that you want a snu, this is the good time to get it. In terms of bassinets, I would suggest a travel bassinet that folds up one of these kind of clamshell style ones.

We'll put a link. I don't really know how to explain it other than that, but it's something that I found super useful. You can put it on top of the bed.

you can just unfold it and it is a safe place for your baby to lay down. we also used it as like a changing place. for our baby so we could like throw it in the car and you know we have like a changing pad that was clean and not one of those ones in a public bathroom, you know, anywhere we went.

Or we could bring it to a hotel room and have a bed for the baby. Some kind of a travel bassinet like that is really helpful to get. And yeah, might as well get it while it's on sale, right?

A changing table is another piece of furniture that tends to be expensive and there's a one-time purchase and you can get it while it's on sale. A glider, like a rocking chair gliders for holding the baby in, this is a good time to get that.

Car seat and stroller, I would highly recommend the Duna. They don't always, they don' often have sales, but if you ever do see a sale, jump on that, And if not, this one is one that I would say is absolutely worth paying full price for.

The Duna is a car seat stroller all in one, where the wheels actually fold up into the carseat and then you put the whole thing into car. It takes like one second to get your baby in and out of the care.

You don't have to wake them up when you go someplace when they're sleeping in their carseat. you just turn the cars into a stoller and you wheel them inside.

Super smooth. I absolutely love it. I recommend it to everybody. It's like a transformer. Whenever somebody sees it, they're like, oh my gosh, that's so cool.

Now it is slightly expensive, but the other option is to get a newborn car seat. and a stroller attachment for that car seat. It's a lot bulkier. it's almost as expensive.

Oh man, it just like, It just not worth it, I feel like. But if you did have your heart set on a different one, you could also get your carseat and stoller this time of year while they tend to be on sale.

All right. Diaper bag. If you're going to get a diaper bag that goes with it. The Duna has specific accessories that go with this. This is a good time to go get those if your getting the DUNA.

Also, if you just wanted a specific diaper bag, especially a more expensive brand, this is a good time to get that too while it's on sale. A high chair.

This is good to time get a highchair. We'll link some below that we like. Baby food maker or food processor. So something that like steams the veggies and then blends them up into baby food.

Also formula makers like the Baby Brezza. Those are good when they're on sell. The Hatch Sound Machine, I have just seen so many raving reviews about this particular one because it has the light that goes with it that makes it more natural to help them fall asleep and can help you wake up too.

if you have the alarm setting on it. It's a hatch sound machine. The ubi diaper pail is one that I specifically love. it's really good at making the room not smell.

And we used it for cloth diapers. You can also use it or disposable diapers and it just has this like sliding lid that like seals the smells. But it is not like the diaper genie.

diapers into sausages or anything. It's just putting them all into like one bag. Yeah, willing found. Nipples and bottles. You want to get a couple of different nipples of, different flows.

I would suggest pre-me flow nipple for when your baby is first starting to bottle feed, especially if they're breastfeeding and they are ever going to do bottles, you want start them early off at least in the first four months of life.

And you wanna start with a pre me flow so that they have to still work for it so they don't start to prefer the bottle over the breast. And then once they get a little bit older and they better at breastfeeding and better a bottle feeding, they can start to feed with faster flows and higher volumes.

Then you want some more advanced nipples. And when they even older, then you like some very advanced ones to give them, say, bottles of water while they're eating when their 6 to 12 months old.

All right. And then if you want specific bottles, especially glass bottles. Get those while they're on sale. Diaper covers for cloth diapers. This is a good time to get those.

A baby carrier, like especially a ring sling or a clip carrier. You get these while you're in sale, Carriers are kind of like jeans in that you have to find one that fits your body.

So it's really hard to recommend a specific brand. And if a friend tells you, you know, like you to get this one brand, maybe it might, it, might fit your.

It might not be comfortable for you. I'd say if you any friends that have a baby carrier, try it out. If you can try to, find a brand that like, and then get it while it on sale.

a pack and play. You're going to need one. This is a good time to get that. An electric nasal suction. I really like the nail mud one, we'll link that one The bulb suckers for the snot sucker, like you need some s not suckas.

The electric one is just so nice. It also has a light on it. I mean, it's just, is great. And it has just the right amount of suction. So easy to use.

Love it! And then the Mamoru is the last thing in this category. swing, vicinity thing. It lays down and you put your baby in it and it rocks them side to side.

And it feels like they're in your arms being rocked and helps them fall asleep. So it's for little infants. If you're still pregnant, the Mamoru is a great one to have as a place to set your babies down where they are likely to be happy for a little while.

You can get something done, like eat. That's hard to do when you have a new baby. All right. Now we're going to go over stuff where if you already have baby and your baby's in the first year of life, stuff that you should get this Black Friday.

There's not very much in this category. So silicone plates and cups and silicone bibs, this is a great time to get those things while they're on sale.

Also plasticware. You can get a nice set of one of these more expensive sets of feeding stuff and then they all fit together in the drawer and you only have the one set.

and you can get rid of all the mismatch. If you're anything like me, you've gotten lots of gifts from lots friends and some secondhand stuff. So yeah, it's nice to have a good solid set of feeding stuff, a toddler car seat.

This is the time to start thinking about the next carseat for when your baby outgrows the current one. I like the Graco Forever Extend to fit because it converts into a couple of different types of car seats.

It converts to a rear-facing toddler seat and then a forward- facing, and a booster seat with support, then just the bottom bit of it. So it's kind of cool.

it is heavy and bulky, but you basically install it once rear facing and once forward facing. So I like that one. And then also, if you don't want to get that, one also another really nice one is a rotating car seat, which is the carseat that you can actually like turn it so that can get the baby out a lot easier rather than having to like lean over and twist to lift your baby, out of there and like twist them on the way out.

bonk their head on the car frame on their way out, you know. So the rotating car seats are super nice. You can just lift your baby out of there and you wanna get those while they're on sale.

Car seats or something you have to get new. you cannot, unfortunately, get a used car seat. It's not considered safe. Once a carseat is in an accident, any kind of an accidentally even if it's like a very slow fender bender, you need to replace the car seat because the styrofoam that's on the inside of it can get fractured.

And so part of the reason that you can't accept a used carseat, even if it's one that has never been used by the person, like if they've dropped the box, anything like any kind of impact to it, could fracture the seat itself and it could be considered unsafe.

So, yes, unfortunately, you do have to buy these things now. So this is a great time to get a toddler car seat. Also, the Ride Safer Vest. I love this vest.

It's for ages three and up. If you're thinking way ahead or if you have an older child or you are having a third child and you think, oh my gosh, how are we going to fit all these car seats in the car?

The RideSafer vest is great option. just the straps of a backpack, really, a little more than that, but it clips the seatbelt into position and you use it instead of car seat.

And it was developed by a firefighter. It's just as safe as a carseat. And it clips that seatbelt in just as it would hold in an adult. And so it keeps them safe in the event of an impact and it doesn't take up any space.

So you can fit more children in this seat together with that. It's great for traveling because it's really lightweight. We always use that for when we go to Europe.

other like rental cars, anything like that. It's really nice and easy to travel with, but the children have to be at least three years old and 30 pounds to able to use those.

So, you know, thinking ahead, kind of a thing. Other toddler things, the LifeVac is a device for if your child is choking. it's something that you put over their face and then you pull on it and it pulls the object out if they are choking, great time to get that while that's on sale.

The tush baby carrier, this carrier specifically is for older babies and it's sort of like, it looks like a fanny pack.

Toddler Gear and Family Household Deals

It goes on your hip, but it is like seat for your child and then they can sit on it. And so their weight is supported by your hips and helps save your back and you can carry them a little bit longer.

So this is great for traveling or even just for like at home, you know, if you have a clinger child, these are really, really helpful. I love this for, yeah, for holding mine.

Also a ring sling is good for that too. The Nugget Couch, specifically Nougat Brand, but there's a whole bunch of knockoffs on Amazon too. But Nuggat brand specifically, like it really holds up well to wear and tear, it's easy to clean.

It's like those wooden blocks of different shapes that you can build into like castles and stuff, But it is furniture for toddlers. So it like foam, rectangles, squares, cylinders, triangles, and they can built it into a couch or a bed or castle fort or whatever.

It's really fun. Its really soft. Easy to clean. They come in some great colors. So yeah, I get those while they're on sale. And you can get a couple of them and put them together.

Kids love them. The Montessori climbing gyms. Those pickler systems. These are great. This is a great time to get these two while their on They're great to keep your child busy as they're learning to walk and climb and as I get bigger, especially like for cold weather and rainy days too.

Kiwi crates tend to go on sale this time of year. Those are really fun activity crate and boxes, monthly subscription boxes that they send to your child with projects and, you know, like art projects, and science projects experiments, things like that.

They're really cool to help your children's development and creativity. And just a lot of fun, really well thought out. I love the kiwi crate. The Holistic Mama's Handbook is the book that I wrote.

I also put that on sale every Mother's Day and every Black Friday. That is a book to help parents of children who are six and under who were too young to take over the counter medications for when they get sick with common ailments like respiratory infections or cough and cold, vomiting, diarrhea, rashes, all kinds of things.

What sort of supportive, holistic, and alternative care can you give them when they're not feeling so well? This is a great time to get that book as well, Holistic Mama's Handbook.

And now for general household items and maybe things for your spouse or things that would kind of help the whole family out. Vacuums, the Dyson vacuum specifically.

I love my Dyson. Um, I asked around online a bunch before deciding and decided this is my very favorite. So, and any of the dyson vacuoms, honestly. But the dyson is a great cordless vacuum that has a long battery life and good suction and, you know, is great for picking up like pet hair and Yeah, we'll actually also pick up like small pieces of toys.

So use with caution if you have young children. The Roomba, this is a good time to get a Roomba when they're on sale. For TVs, I especially love the frame TV, the Samsung frame.

it looks like a picture on the wall. It looks artwork, like, a giant family photo or your child's art or whatever. You can just make it look like an actual photo on a wall, they're so pretty.

And then when you watch TV on it, it's not as like it's not as blindingly bright as the other TVs. It's a little bit dimmer, a bit more muted, more like sort of a matte look to it, not so glossy, shiny, and not piercing in your eyeballs.

So I really like the frame TV. I would say get that one when it is on sale. The Bug Assault. Okay, so this one I asked online and so many people recommended this and I thought it was hilarious.

So Bug assault, like bug-a-salt is this like little gun that you load up with table salt and you shoot it at flies or wasps or whatever kind of bugs and it kills them with a spray of salt.

Everyone said that this was like the best gift that they ever got or gave to a spouse. So and apparently this is a good like Black Friday thing to get.

So yes, get that. A Fitbit, this is a great time. This is when I got my FitBit because they go on sale. The Fitbits are a good way to track your sleep and your steps.

And as a new parent, I feel like those are things that were very interesting metrics to me. and very helpful for me to know like, oh, hey, I only slept three hours last night.

That's why I feel like this. Versus like okay, slept a lot. I still better. Look at that. Or man, didn't sleep enough and now I need to like figure out how to make up, you know, this and take a nap.

So that was helpful. And then also like am I moving enough? Am I getting out enough, am doing enough. Sleep in the steps. Super helpful, the Fitbit, Apple Watch, whatever kind of thing like that this time of year.

They go on sale. This is a great time to get a bidet system for your potty. If you don't already have one, and if you're pregnant, you might also like this for cleaning off afterwards, but also you need one with adjustable force because you want one that's very gentle after having a baby.

A bidets system like the Tushy or the Total Washlet or They tend to go on sale at Black Friday or other times of year. The meter thermometer, this one particularly, is an electronic thermometer for food, for meat, or whatever.

It hooks up to your phone and it's really fancy and goes on sell. So if you wanted to get that particular one, sort of a random thing, but anyways, good time of the year to pajamas for the whole family to match.

Cakey pants are ones that are bamboo pajamas and Primary is a company that does solid colors. And so if you want to get ones for like multiple children or for multiple family members, I love those ones in particular.

A mini fridge, if you are pregnant and about to have a baby, you might like to a mini-fridge in your bedroom for breast milk, for nighttime pumping, and or for snacks, or if your breastfeeding especially, because you're going to get hungry in the middle of the night and it's really nice to Heated vests.

My husband got me this last year and it was the best. I loved it so much. You can get these vets that have a battery pack in them and these wires throughout them.

And you push your button and the heats up and instantly warm. It's so nice in the winter. When my baby was first born, I would just tuck him inside of the vest with me and put that on when we were taking my daughter to school and he stayed nice and warm, so.

I loved having that. AirPods, the AirPods Pro that have the noise canceling or really any noise-canceling headphones are very nice to have when you have a small child.

They can help you when, you know, when your trying to sleep and your spouse is on duty with the baby and you need to rest but baby's making noise, like you needs something with noise cancelling.

It's a great time to get that Also the loop earplugs if you tend to get overwhelmed, something like those loops that go in and can help filter out sounds.

This is a great time to those. Those baby carrying shirts or snuggle shirts, things that you can put the baby inside and they have snaps that open up either for mom or for dad or whatever, for partner.

These are really nice. shirts to have to snuggle with your baby when they're really tiny, especially to do like some skin-to-skin time. And those things are pretty expensive, so get those when on sale.

New cookware, if you're gonna get new stuff, If you are worried about plastics, you might wanna switch over to glass stuff. If your, have non-stick cook ware that is starting to flake that needs to be replaced, that's not safe.

That's putting stuff into your food that you don't want to get into you food. So this might be a good time to new cook where because they're on sale right now.

The exergen thermometers specifically, this is an electric thermometer. It's a temporal artery thermometer, so you start with it in the middle of the forehead and you go all the way across the temporal arteries, which is over the temple and then into the hairline.

And it does this like fast beep when it goes over to the temporary arteries so that you know you've got the right spot. Its very accurate, it gives you a core temperature.

I love this thermometer it's fairly expensive, get it when its on sale. And lastly, an air fryer. If you're gonna get an Air Fryer, this is a great time to get that.

This is something that I just, I love anything fried. And then especially when you are breastfeeding and you wanting just all kinds of heavy food. It's a way to make it a little bit healthier.

So it's good time we get back. Alrighty, so there's links to all of these things in the show notes. I hope you enjoyed

this episode. If you have any comments, I would love to hear those.

If you're new to this podcast, remember I'm a Dr. Carol Keim, I am a pediatrician, a mom, an author. I help new parents all over the world navigate the daily challenges of having babies and understand their babies, and just enjoy happier, healthier lives.

And the first season is all about the 1st year of life. 2nd season ages 1 to 3. 3rd season holistic and alternative care. Season 4 is going to be all baby items you actually need.

Stuff that you don't need, how to really sift through all of the ads we get bombarded with when we're pregnant. Social media just knows that and sends us all this stuff.

It can be so overwhelming to decide what we actually and what's just a waste of time and money. So I'm going to take you through the basics, like clothing, furniture, feeding, all that stuff, and then let you know what kind of stuff you should get when it's on sale, what you get if it is new, secondhand, or what I think the brand actually matters on.

There aren't very many of those things. So to recap, the things you want to get while they're on sale are the expensive items and the one-time purchases.

So if you're pregnant, that's things like breastfeeding related stuff or furniture for your baby's room. If you have a baby already, it's toddler level stuff.

And I also gave you some general gift ideas that will benefit the whole family. And things you don't want to get this time of year necessarily are things like baby clothes and diapers and formula because those are the things that you're probably going to lots of from friends and also they are pretty much always on sale anyway.

Thank you for being here. Enjoy the ride and have a wonderful day. Happy Black Friday. Thanks for listening. Remember all of the links from this episode are in the show notes and you can always go to my linktree which is l-i-n-k-t-r dot e-e slash d- r- k- e i- m.

If you know anybody who is pregnant or has a little baby, tell them about this show. Maybe they would like to listen to this podcast. They might find something helpful in here.

And if you know any friends who are pregnant and want to get them something for their baby shower, I would definitely recommend my book, The Baby Manual.

It's meant to be all inclusive. Really, all the questions that arise in the first year of your baby's life are in that book. So Baby manual is also linked in The Show Notes and on my link tree.

Have a wonderful day.