

THE SUPER SIMPLE PLAN TO
SAVE OVER \$2000



**HAVING A BABY JUST GOT
A LOT MORE AFFORDABLE**

Formula and Diapers

Plus 17 More Ways To Save!



Formula and Diapers: Two of the biggest, easiest ways for a smart shopper to save. These are the two I'm going to focus the most time on and give you, the shopper and parent the big payoff!

Formula:

Most moms use formula for most of the first 12 months of the baby's life. It is the rare mom that never uses formula at all... so don't think this will never apply to you!

If your baby primarily uses formula for the first year, average total consumption is over 9,000 ounces!

Diapers:

All babies use diapers (at least I certainly hope this is true!). And virtually all parents use disposable diapers... to the tune of 1500 to 1800 in the first year!

Comparison Shopping



TARGET

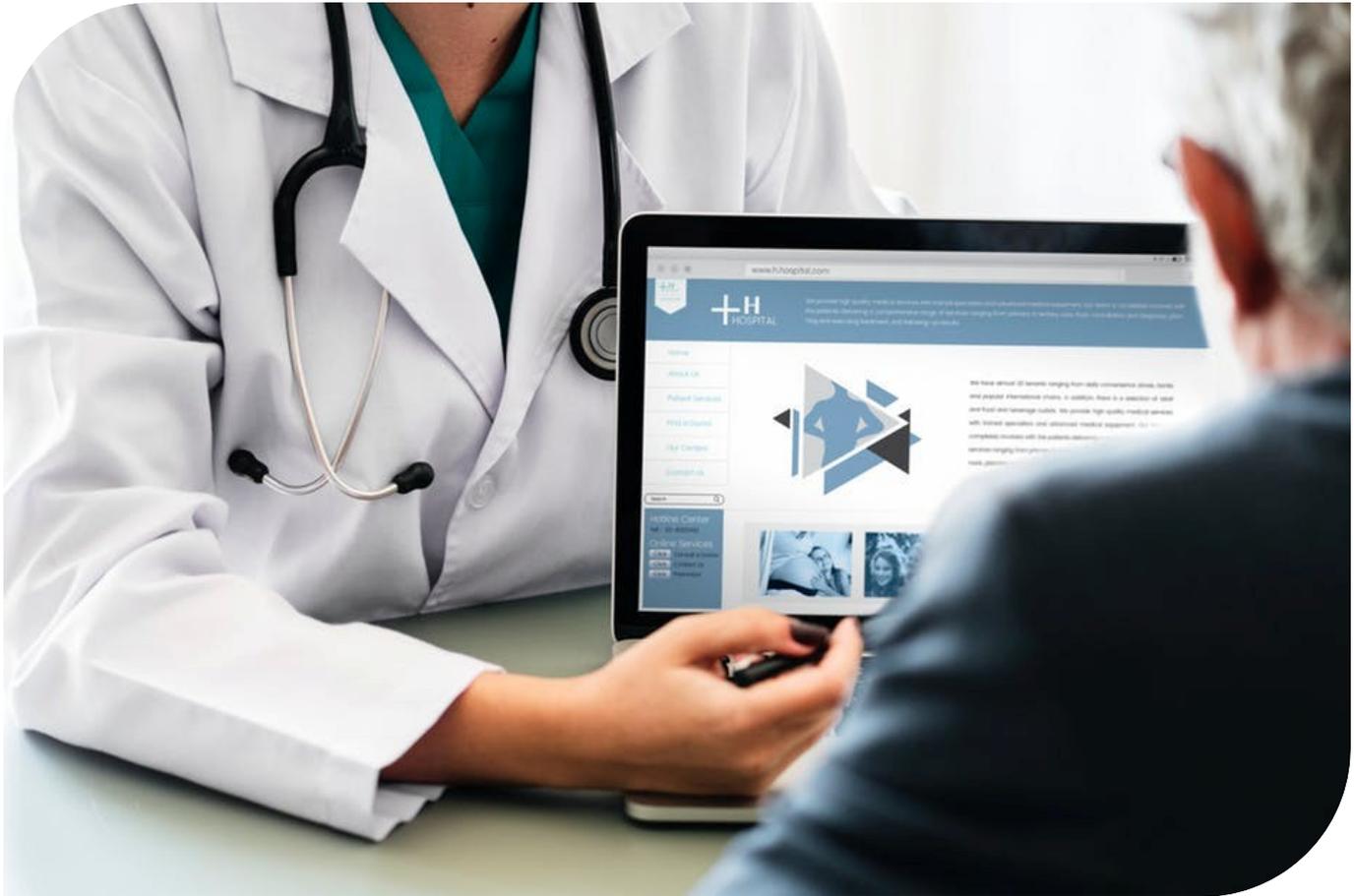


I shopped 7 stores:

I wanted to get prices from a wide range of local stores to see how prices varied. There were some shocking variations... and some clear winners.

It pays to look around.

Disclaimer



Anything I say or you read here is for information purposes only. I am not a doctor nor do I have any specialized training that permits me to give any nutritional recommendations or advice.

Please consult a doctor or health professional if you have any questions or concerns about your child's needs.

Formula Comparison Shopping

Prices ranged from:

The CVS logo is displayed in a white box. It consists of the letters "CVS" in a bold, red, sans-serif font.

\$1.44 per dry ounce for Similac Non GMO/Pro Sensitive

To:

The Costco Wholesale logo is displayed in a white box. It features the word "COSTCO" in a large, red, sans-serif font, with "WHOLESALE" in a smaller, blue, sans-serif font below it, separated by three horizontal blue lines.

\$0.50 per dry ounce for Kirkland Infant Formula

Potential Savings*: \$1,295.74

*Based on converting dry ounces to liquid ounces (multiply by 6.49)
And 9125 ounces of consumption in first year**

** <https://www.thesimpledollar.com/how-much-money-does-breastfeeding-really-save/>

Diaper Comparison Shopping

Prices ranged from:



\$0.47 per Diaper
Pampers Swaddlers 6

To:

\$0.11 per Diaper
Little Journey Small Strides



Potential Savings*: \$604.18

***Based on 1650 average diaper usage in first year**

Total Savings: Formula and Diapers



\$0.50 per dry ounce for Kirkland Infant Formula

Potential Savings*: \$1,295.74

\$0.11 per Diaper
Little Journey Small Strides



Potential Savings*: \$604.18

Total Potential Savings*: \$1,899.92

17 More Ways To Save!



The next 17 pages will give you even more ways to save, taking your total WELL beyond \$2,000

It's not necessary to use all 17, just pick and choose the ones that work best for you.

Register at Amazon and Target... Get FREE Gifts!



Register for your baby shower and create a gift list at both Target and Amazon... this is a MUST!

[Target](#)

[Amazon](#)

You can get trial AND full sized samples... for FREE!

We're talking things like Dr. Brown's bottles, Swaddle Designs muslin swaddles, Pampers diapers and wipes, Phillips AVENT bottles, and more. Plus, you'll score a bunch of high-value coupons — including a free Starbucks drink!

Check the hospital drawers before you leave, and take all the toiletries.



Before you check out of the hospital, make sure you look inside the drawers in your room.

Don't be surprised if you find things like: a brand-new baby thermometer, baby tees, bulb syringes, diapers and wipes.

Ask the nurse about them, she'll likely say "take everything home or else they'll just be thrown away"

Oh, and make sure to request extra pads, baby wipes, and Dermaplast spray while you're there. And don't forget to take that plastic wash basin; it's perfect for lots of things... like cleaning breast-pump parts.

Make Your Own Baby Wipes

Pampers Clean and Go Wipes Contain:

Water, Disodium EDTA, Xanthan Gum, Caprylic Triglyceride, PEG 40 Hydrogenated Castor Oil, Benzyl Alcohol, Iodopropynyl Butylcarbamate, Sodium Hydroxymethylglycinate, Citric Acid, Fragrance

Clean and Go Wipes are given a 5 for hazard (out of 10) and warnings include possible allergies, immunotoxicity and organ system toxicity.

Probably NOT what you want to use on your baby... why not use something safer AND save money at the same time?

Do this instead:

Cut a premium paper towel roll in half and soak it in a solution of 1 cup water, 1 tablespoon baby shampoo or wash, and 1/2-1 tablespoon baby oil. Remove the inner cardboard roll and store pre-soaked paper-towel wipes in a resealable container.

Or, keep the solution in a spray bottle and use as needed with soft washcloths or flannel for even more savings.



Stack Multiple Coupons At Kohl's

At Kohl's and Kohls.com you can stack up to four store coupons on top of already discounted prices to get name-brand baby clothes like Carter's for super cheap



KOHL'S

Use up to four of the following coupons at Kohl's:

Up to one *sitewide* percent-off coupon code (ex: 15% off an entire purchase).

Up to four *department-specific, percent-off, or dollar-off* coupon codes (ex: 20% off home bedding, \$10 off a \$30 children's apparel purchase).

Up to four Kohl's *rewards* codes (ex: Kohl's Cash and Yes2You Rewards).

Up to one *free shipping* code (ex: free shipping on any order).

Prepare Your Own Baby Food



It's a great idea to eat pure, natural food yourself right?

Why not share your food with your child... all you need to do is boil or cook fruits and vegetables until they're fully cooked, then just mash them or puree them until you have the proper consistency. Add a little water if it's too thick.

To have some for later, and to make the process quicker and easier, simply freeze the extra portions in ice cube trays. Once frozen, you can transfer them to resealable bags and keep them in the freezer.

Don't Buy A Changing Table... Just Buy A Changing Pad Instead



Save Money, Use Your Dresser, Add a Changing Pad

You don't need to buy another piece of furniture that you'll only use for a little while and takes up SO much space in the nursery.

Just buy a changing pad and secure it to your existing dresser.

Many people use a beach towel! That way it's not only cheap and easily washable, it's also super portable... What's not to like about that!

Check To See If Your Employer Offers Any Perks



Call your HR department and see what they have to offer. Don't leave money on the table because you didn't know to ask.

You might be able to access a Dependent Child Flexible Savings Account which would allow you to pay for child care with pre-tax dollars (depending on your income level/tax bracket).

Opt For Convertible Gear Whenever Possible



From cribs to strollers to high chairs and more, look for items that can do double or even triple duty.

Many items can grow right along with your baby.

When shopping, ask a salesperson to show you the best 2 in 1 or 3 in 1 options

Pledge To (almost) Never Buy New Clothes



There are important things to buy your baby that you would never want to scrimp on... but clothes is not one of them!

They outgrow and/or spit up on everything faster than you can imagine, so why waste money on something that has such a short useful lifespan?

Resources:

Ask friends who have older children for hand-me-downs

Use sites like Freecycle Network and NextDoor

Thrift stores

Go to local yard sales

There are many kids clothes for resale at a fraction of new cost.

Lose The Shoes



Babies learn to walk faster when they're barefoot.

Why spend \$30 or more for a pair of shoes that will rarely, if ever be worn?

Use soft booties to keep their feet warm indoors and out, you can find them for only about \$2 at a closeout store.

Choose Unisex Styles And Colors



Pink and blue help strangers identify the gender of your child from 100 yards away, but it certainly doesn't help your wallet when your second child isn't the same gender as the first...

Sure... you can have a special outfit or two, and you can use some accent colors and accessories to make you happy. But 50 pink outfits really isn't necessary.

Don't Buy A Baby Wipe Warmer



It wastes more money than just the cost of the warmer... and besides, babies don't really care. They're going to pitch a fit at 3 AM no matter what!

They burn up electricity and they dry out the wipes... more wasted money.

Just don't do it. Nuff said.

Buy Big Shirts And Use Then As Bibs



Instead of buying a bunch of bibs, buy some oversized T-shirts and use them as bibs.

Slip them over whatever they're wearing and they protect far more than a bib anyway.

Plus, they can do double duty later when your child grows into them.

Use A Bag You Already Have For A Diaper Bag



Backpacks are the perfect choice. They are often even better than bags specifically made for diapers

They are easy to find in whatever size and configuration you want or need, and because they are general purpose and mass produced, they are usually MUCH cheaper.

But better yet, use what you already have!

Ask Your Pediatrician For Samples



Marketers are smart, they want you to use their products, but what is a good way to get you started?

Give products to baby doctors for them to give away.

Ask for them! Use them... FREE

There are many reasons big name brands cost more. This is one of them – freebies! Let someone else pay to big bucks while you get yours for FREE!

Return Unwanted Gifts



We've all done it before... kept a gift we didn't need or want just because we didn't want to insult the giver or because we were too lazy to go to the store.

Stop. Take the risk. Take the time.

Looking at that gift you never used for the next 10 years is much more painful than just returning it.

The giver will understand (or never know) what you did... and you can get what you need and want... and save some bucks!

Use Your Local Library



Everyone says “read to your child daily”. And I would say the same thing. It’s good for everyone for many obvious reasons.

However, that doesn’t mean paying full retail (your local thrift store is an AWESOME source of great children's books.

But don’t forget to check out your local library too!

Did you know that many offer more than books? They also may offer things like: music classes, mom-and-baby yoga classes and maybe even weekly story time... all for free.

Support your local library and reap the rewards!