
I need some help!

Posted by Miranda - 2009/05/23 17:43

I really need some help! We've just had a baby and I can't believe how much my grocery shop has increased! Any ideas on how to bring my costs down?

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Re:I need some help!

Posted by Registered01 - 2009/05/23 17:59

I used to make my own baby wipes with paper towel and some other ingredients? Can't quite remember though...

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Re:I need some help!

Posted by Hennypenny - 2009/05/23 19:12

Hi there,

This greatly depends on -

How old is your bub?, are you breast or bottle feeding?, are you using disposable or cloth nappies? What brand of disposable? Are you using nappy cream etc?

If you can identify which items are increasing your spend, then you can narrow down how to reduce the cost.

A few examples:

Breast feeding is free as opposed to formula, but you do need to buy breastpads. The Rite-aid brand breastpads are cheap but do not leak. They are as good as the Pigeon brand in terms of use, but don't look as nice, but then nobody sees them.

If using formula, religiously check your junk mail as it is always on special somewhere each week.

I found that cheap nappy creams can actually cause nappy rash as opposed to preventing it. I used a top quality organic brand of which I only used tiny amounts at each change as a barrier and neither of my boys ever got nappy rash, so therefore I used much less product and spent less than my friends that bought the supermarket brands. Many friends babies developed nasty rashes from the chemicals in their brands and then had to pay more for different products to cure it.

If using disposables, Huggies are the best brand but are also the most expensive. They too are always on special somewhere each week so check that junk mail. Alternatively, I am told by many friends that the Aldi brand nappies are fantastic and also much cheaper.

Another option is to consider the new MCN's that is - Modern Cloth Nappies. They are shaped just like disposables and so easy to use. Try googling for them online and see the variety. The initial spend is quite high - around \$800 - \$1200 depending on brand etc but over 3 years you can literally save several thousand dollars compared to disposables.

If bub is old enough for solids - don't pay for store bought baby food. It is sooooo much cheaper to make it yourself and so easy too. Simply steam some vegies in the microwave and mash, or mash a banana etc. You will save so much money, and bub will be healthier eating fresh food than awful slop from a tin.

Don't buy the straw variety of sipper cups. The straws get chewed through in one day so you will always be replacing the straws.

If you would like to post details on any other items you need help with, I'll see what I can come up with.

Cheers, Andrea.

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Re:I need some help!

Posted by Miranda - 2009/05/23 19:22

Thanks! Does anyone know the recipe for making your own baby wipes?

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Re:I need some help!

Posted by Miranda - 2009/05/23 19:23

Thanks Andrea - those are great tips! The nappies seem to be the biggest expense. Also, how quickly do they grow out of things? Any ideas on how to manage this?

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Re:I need some help!

Posted by melissapalmer - 2009/05/23 19:36

Hi Miranda

I used to save money by buying my baby clothes from ebay in bulk lots. They often have people selling a dozen wondersuits at a time! In the early days this is all you need. Another place where you can save some money on baby clothes is at op shops. Go to the wealthier suburbs and grab a bargains.

Mel.

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Re:I need some help!

Posted by tonimajic2008 - 2009/05/23 20:10

Always buy one or two sizes up and just fold the cuffs and pant legs. The rate at which they grow into them outweighs the look but babies always look cute anyway. If you buy name brand clothes you can always re-sell them on Ebay. Pumpkin Patch and OshKosh sell easily. A lot of people would not consider going into a second hand store but you would be surprised at what you can find and sometimes the items are brand new. At birthdays, while they are young and don't know the difference, ask family or friends to buy clothes instead of toys. Learn to sew!!

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Re:I need some help!

Posted by merriny - 2009/05/23 22:30

Hi-

Garage sales and supermarket noticeboards are great for baby bargains and toys also. Aldi nappies are good. But so are Snugglers by the box load from Big W. We learnt to buy everything in bulk once we had kids- washing powder, nappies, wipes,...all from Big W. You will always be ripped off for smaller packaging. Keep your eye on Chemist specials too for vitamins, prescriptions, baby needs - keep all chemist receipts for tax time- you get a refund on these as a parent if you have forked out a certain amount (\$1500 (?))which seriously adds up unbelievably quickly for your family)- Talk to your tax advisor/ accountant. Make sure you ask for practical gifts for your baby at birthdays/ Christmas time (clothes for instance) or get grandparents/ siblings to all put in some money at that time for more expensive buys you need. When bub is old enough for food, find a spare hour to cook and puree all their favourite vegies and freeze them in meal sized lots...this is so much cheaper, and even grandparents could help with this one. Carrot, corn, pumpkin, sweet potato, potato, beetroot, cheese....any nice sweet yummy foods they will love. Congrats and All the best...Peta.

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Re:I need some help!

Posted by merriny - 2009/05/23 22:38

Also Miranda- if you can, join a mum and bubs group...they can be so-o-o very helpful for advice and helping you feel "normal"...avoid guilt trips though, if anyone tries this on you. Stay strong. Your love for the bub is the most important thing. Not what you buy/ don't buy for bub...

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Re:I need some help!

Posted by Littlehaven - 2009/05/23 23:29

When I was first pregnant I can remember standing in the baby aisle at the supermarket looking totally bewildered. An older woman came up to me and said "You know, you don't need most of this stuff. A warm facewasher and some baby powder do most of it". And you know what? She was right. I never forgot what she said and so resisted the urge to spend heaps of my budget on baby this and baby that; it simply isn't necessary! And that meant that I could spend that little extra on baby groceries.

One other way I saved money was to resist the urge to buy new clothes and toys for my kids. I found that friends would give them new and shiny teething rings and toys and relatives gave new clothes for birthdays, so I gave them simple household implements to play with and shopped at second hand stores for clean, durable clothes. I can still remember my friend being surprised to find my son happily getting his gums around a plastic measuring cup! Once the second hand clothes had become too small, I always passed them back to the charity store; it was nice to think that their useful cycle would start again.

So I guess the message is this; look for other ways to save money and then you'll have a bit more in the food budget!

Good luck!

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Re:I need some help!

Posted by joanne@georgesons.net - 2009/05/24 14:20

Buy Lucas PawPaw Cream from the Chemist - either a tube or a tub and use it as Nappy Rash Cream, as the baby grows use it as a Magic cream that fixes everything, we put it on cuts and scrapes, insect bites, bumps and bruises, use it for sore bums and my kids are now 6 and 4.

Also, buy some ice cube trays from Tupperware (the ones that come with lids) and cook up baby food in bulk, fill each ice cube with mashed sweet potato or pumpkin or pureed fruit etc and then just pop out a couple of cubes when it comes to feeding time, saves money on store bought food and tastes better as well.

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Re:I need some help!

Posted by cash - 2009/05/25 08:21

Charity shops have some lovely clothes too. And toys.

Some Libraries also have toys loans that can save you buying them yourself.

Aldi nappies are way cheaper - about \$15 for 56 rather than \$40 for box (can't remember quantity - but about 50). They are great also. Most other things you can get on ebay - bottles etc.

I agree making your own food is the way to go and it is not only cheaper but better for them. As is breastfeeding if our lucky enough.

Another if you need formula is don't but the Gold brand which they all sell. It is about \$26 as opposed to \$18 for the original formula - and there is hardly any difference in the content - they just make you feel like your a better mum if you buy the gold label one.

Factory outlets for Bonds can be cheaper too. They will grow really fast so don't expect more than few months in a size. Enjoy being a mum!

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Re:I need some help!

Posted by Miranda - 2009/05/25 08:52

Thank you! That's a great idea. Would you consider buying at a DFO or is it not worth it?

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Re:I need some help!

Posted by Miranda - 2009/05/25 08:53

Thank you! My bub will be going onto solids soon. Do you know of any good baby/toddler recipe books or websites?

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Re:I need some help!

Posted by Miranda - 2009/05/25 08:55

Thank you - there is so much to choose from when you are buying things for babies entertainment and ways to save money are great. Do you know of any other ways entertain babies with things from home?

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Re:I need some help!

Posted by frugalpuss - 2010/07/19 23:02

You could make the wipes from face washers cut in half and hemmed or small square pieces of flannel. Keep them in an old icecream container with-

2 tablespoons liquid baby bath
2 cups water.

After rinsing you could pop them into the wash as per normal washing. HTH.

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