Delivery day lowdown
true stories from real moms

what you really need to pack

One expert’s surprise sleep solution

peek inside
Hilary Duff’s diaper bag

SOOTHE HER SNIFFLES! Cold cures are on p. 20

SINCE 1935

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Hilary Duff didn’t lose her bold style when baby Luca was born in March; she just added a lot more stuff. “I’m still trying to figure out, what if I do need that?” she says. The actress shared her go-to diaper bag products with Babyltalk.

1. “Splendid is one of my favorite brands for Luca — the clothes are so soft!” (from $34; splendid.com)
2. “Luca loves Sophie the Giraffe. He gets really excited every time it squeaks.” ($21; toysrus.com)
3. iPod for walks (from $149; apple.com)
4. “Hand sanitizer is really important.” ($2; bathandbodyworks.com)
5. “I use Johnson’s lavender baby lotion on myself!” ($4; target.com)
6. Favorite app: “Camera Plus — it’s so much fun!” (free; itunes; Swash/iPhone case, $70)
7. “I carry bars, which are important since I am nursing.” (12 for $18; amazon.com)
8. “Honest Wipes are all-natural.” ($5; honest.com)
9. “Gripe water has really helped.” ($10; diarrers.com)
10. “I use these to shade his stroller on sunny walks.” (three for $8; adenandanais.com)
11. Her makeup: Givenchy Hydra Sparkling Magic Lip & Cheek Balm ($31; sephora.com) and Fresh Twilight Freshface Glow ($36; sephora.com)
12. “I had to read it. Everyone was talking about it.” ($10; amazon.com)
13. Pacifier case with wipes ($11; babiesrus.com)

“I love the Aden + Anais blankets. I can do a pretty badass swaddle.”