

BREASTFEEDING SUPPLIES

The basics:

Nipple Balm Lansinoh or organic

Bras – at least 2-3 (Target, Babies 2 Kids, www.apeainthepod.com, www.destinationmaternity.com, www.motherhood.com, www.amazon.com, ~ Rumina is a good one)

Shirts – 3-4 nursing tanks are great (Babies 2 Kids, Target, www.apeainthepod.com, www.destinationmaternity.com, www.motherhood.com, www.amazon.com)

Breast Pads (Target, Walgreen's, Grocery stores)

Optional items:

Soothies – 2 packages (Target, Walgreens, Amazon.com) (for sore nipples)

My Breast Friend breastfeeding pillow, or a Boppy (Target, Babies 2 Kids, Amazon.com)

Hot/Cold Breast Packs (For engorgement or clogged ducts)

If you are planning on being away from your baby for work etc.:

Breast Pump – suggested brands include Medela Pump n Style, Ameda Purely Yours, Avent Isis. Do your research and decide which pump is best for you. Things to consider: When are you going back to work? How much time will you be spending away from your baby? Your insurance may cover this

Freezer containers/bags -- something to store the pumped milk in the freezer, this will likely depend on the kind of pump you get and what is compatible with it. Freezer bags are nice because they don't take up as much space.

Bottles – depending on how often you are planning on giving the baby a bottle. Get 2-3 if you are planning on mostly being with the baby for the first 1-2 years. Get 5-6 if you are planning on leaving the baby at day care in the first 6 months. Small bottles are best as most babies will not drink the large ones.

Bottle Nipples – start with slow flow or newborn nipples. Most bottles come with regular nipples so you may not need to buy these until your baby is older.

Medela Quick-Clean micro steam bags – disinfect pump and bottle parts in the microwave. One can be used 20 times