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# BREASTFEEDING MUST HAVES

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## 1. FOR THE FIRST 2 WEEKS

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- Soothies Gel Pads – these are great for sore nipples - chill them for maximum relief
- Lanolin Cream – A must for sore nipples
- Lansinoh 3 in 1 Breast Therapy Packs – Use hot or cold for instant relief
- Lansinoh disposable nursing pads – buy a couple packages and be sure to always carry extras with you
- Nursing Pillow – this will allow you to comfortably support baby while nursing and make it easier to position baby
- Nursing Bras – get wire free nursing bras to use until baby has established nursing. Have a few on hand to rotate as they need to go in the wash.

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## 2. ESSENTIALS

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- Nursing Cover – I found this essential for nursing in public. It allows you to cover up while still being able to see baby and nurse comfortably.
- Prenatal Vitamins or a Nursing Blend Vitamin – You need to continue to take vitamins the entire time you nurse.
- At least a few good nursing bras are essential as you will need proper support and easy access for nursing
- Disposable or reusable nursing pads – You will need something to catch the milk when you leak so you aren't walking around with two wet circles on your shirt from your leaking milk.

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## 3. PUMPING YOUR BREASTMILK

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- Breast Pump – I love the Lansinoh Signature Pro double electric breast pump. It does a great job expelling enough milk to effectively pump.
- Breast milk storage bags – Lansinoh are my favorite brand because they are thick and don't puncture easily.
- Bottles to feed the expressed milk to your baby
- A hands free pumping bra is very nice to have but not essential. It will allow you to do other things with your hands while pumping hands free.

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## 4. NON-ESSENTIALS

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- Nursing tank tops – I love wearing these because they hide my belly/back while nursing
- Nursing tops – these are convenient when nursing in public because they offer easy access to nurse
- Milkies Milk Saver – Catches the milk that lets down from the opposite side your baby is nursing on so none is wasted. It's an easy way to store up breastmilk in the freezer too.
- Milkies Freeze – Allows for convenient storing of your breastmilk in the freezer and functions so milk is used in the proper order by date using the oldest milk first