

Breastfeeding must-haves

If you're breastfeeding, here's a list of our first time breastfeeding tips to help you prepare.

- ☐ Buy nipple cream. It will help with those first tender feeds.
- ☐ Buy nursing pads. Be prepared to buy in bulk.
- ☐ Buy several nursing bras.
- ☐ Buy nursing covers or nursing tops if they make feeding more comfortable.
- ☐ Consider buying cabbages. The leaves will help relieve tenderness.
- ☐ Talk to people who have breastfed before for advice.
- ☐ Consider taking an antenatal class about feeding.
- ☐ Find out about local lactation experts.
- ☐ Find out about local breastfeeding cafes with experts and other mums.
- ☐ Research the best foods to eat while breastfeeding.
- ☐ Research healthy snacks that could keep up your energy while breastfeeding.
- ☐ Take a daily supplement containing 10mcg of vitamin D.
- ☐ Consider cutting down your caffeine intake – there's a recommended limit of 200mg a day.
- ☐ Keep hydrated.
- ☐ Consider buying a breast pump so others can help with feeds at some point.



- ☐ Buy a breastfeeding pillow to make feeding comfier.
- ☐ Buy lots of muslins. Breastfeeding on demand can mean a lot of leakage.

