



Breast Feeding Check List

These are products you will need for successful breast feeding.

Breast Pump

Electric or manual just depends on your life style

Storage Bags

Which ever brand you choose , many options available. Used to store and freeze your Breast Milk

Lanolin

Which ever brand you choose. Helps keep nipples moist and help prevent chaffing and cracking.

Nursing Pads

Disposable or washable. Depends on your life style. Used to catch milk leaked during the day from Breast.

Nursing Bra

A properly fit nursing bra does not restrict the enlarged breast and it allows for ease of breast feeding. Many options are available for just nursing bra, nursing/pump bra or pumping bra only.

Breast feeding Problems:

If you are having issues with breast feeding contact one of the following:

Local lactation consultant at your Hospital. Can be found on most Hospital websites under Breast feeding education.

Local WIC office

Your OB/GYN is a good resource as well

Congratulations on your New Bundle of Joy!!!!