

BREASTFEEDING PREP

Checklist

TO-DO BEFORE BABY

- Get order for breast pump from MD or Midwife
- Contact Insurance Company for Breast Pump info (Most cover it)
- Purchase Supply parts associated with chosen pump if planning on using one (often found cheaply on Amazon)
- Decide on easy, healthy snacks to keep handy during feeds & Stock up on those
- Find comfortable clothes to nurse in
- Purchase various other breastfeeding supplies

BREASTFEEDING SUPPLIES

- Nursing Pillow
- Nipple Cream
- Nipple Shield
- Milk Supply Tea
- Comfy Rocking Chair
- Nursing Bra
- Nursing Reusable Pads
- Bottle Supplies

PREP YOUR KIT

You can put everything in a cute box or basket

- Breastfeeding supplies
- Favorite snacks
- Favorite non-sugary drinks
- Tablet & Charger or Book/Magazine
- Burp Clothes

LACTATION CONSULTANT

NAME

PHONE#

EMAIL