

## Recommended Breastfeeding Supplies

For mothers planning to breastfeed, consider having the following supplies ready prior to delivering your baby:

- **Nipple butter or lanolin** for sore or cracked nipples
- **Nursing bras and tank tops** for easy access to the breast for nursing
- **Nursing pads**
- **Nursing pillow** (i.e. Boppy or My Breast Friend)
- **Hakkaa** (optional)

If you will be doing any amount of pumping (even just once in a while, when you are away from your baby):

- **Breast pump.** This is usually paid for by insurance and your provider can order you one.
- **Flanges.** These attach to the breast pump. The standard size is 24mm but you may need a smaller or larger one. Any lactation consultant can measure you for these.
- **Bottles**
- **SLOW FLOW bottle nipples.** These usually say P or #0 on them, check with your brand's website. If you plan to nurse, then do not use the #1 nipples that come automatically with the bottle. The flow is too fast for nursing babies and can cause issues with nursing.
- **Pumping bra.** This is a necessity for any amount of pumping and allows both of your hands to be free, instead of holding the flanges on your breasts by hand. You should almost always pump both breasts at the same time, not one at a time.