

BREASTFEEDING CHECKLIST

FOR NEW MOMS

(DOWNLOAD OR SIMPLY SCREENSHOT)

GETTING STARTED

- breastfeeding course

WARDROBE

- nursing bras
- nursing tops
- nursing cover
- reusable nursing pads
- disposable nursing pads

HEALING

- nipple cream
- hot/cold packs
- gel pads

DAILY ESSENTIALS

- breastfeeding pillow
- burp cloths
- healthy snacks
- water bottle

EXPRESSING

- breast pump
- bottles
- disinfectant wipes
- steam sanitising bags
- cooler bag
- milk storage bags
- extra shields & tubes