Recommendations to prepare you on your breastfeeding journey

- Check your insurance coverage
- Find your resources: Lactation consultant, postpartum group support
- Breastfeeding pillow: Plan a good support under your arm
- Nipple butter cream or Silverette: Prevent nipple damage and sensitivity, avoid lanoline
- If you desire bottles: Some are more breastfeeding-friendly: Lansinoh, Pigeon, Evenflo Balance.
- If using a pacifier: Some are more breastfeeding-friendly: Ninni (Ninni Co), Happypaci (Dr. Brown), Soothie (Avent).

Order your breastpump:

- It is always great to have an electric breastpump. If you need to initiate breastfeeding with breastpumping, it is always better to be equipped.
- A milk collector can also be a good support, especially if you are starting to have let down on the other breast when you are breastfeeding.

Meal Plan:

- Prepare meals and snacks ready or have people ready to bring you food.
- You need to add approximately 500 calories more per day to help your milk supply.
- Have a basket of snacks and drinks everywhere you are going to breastfeed

Supplements:

- Prenatals or postnatal vitamins
- Vitamin D (6000-7000 UI)
- Sunflower Lecithin: to avoid clogged ducts
- Moringa, Goat's rue, and Alfalfa are examples of herbs that can help to increase your milk supply.