



RECOMMENDATIONS TO PREPARE YOUR BREASTFEEDING JOURNEY

- **Check your insurance coverage**
- **Find your resources** : Lactation consultant, postpartum group support
- **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.
- **Breastfeeding pillow:** Plan a good support under your arm
- **Nipple butter cream or Silverette:** Prevent nipple damage and sensitivity
- **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.
- **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).**