

# Breastfeeding

## Check List



There is very little you need beyond baby and breast when you decide to breastfeed. This checklist points out those items that can make breastfeeding a little more comfortable and give you a break.

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- ❑ Comfy chair or glider rocker with low arms
- ❑ Nursing pillow
- ❑ Breast pump
- ❑ Lanolin cream
- ❑ 5-7 pairs of cloth breast pads or 1 package of disposable breast pads
- ❑ 2-3 nursing bras
- ❑ 2-3 nursing tops
- ❑ Nursing blanket
- ❑ Breast milk storage bags
- ❑ Breast milk storage bottles
- ❑ Bottle brush
- ❑ Breast shells
- ❑ 4-6 bibs
- ❑ 4-6 burp pads
- ❑ Breastfeeding books