sma Nutrition

Breastfeeding must-haves

If you're breastfeeding, here's a list of our first time breastfeeding tips to help you prepare.

- [ ] Buy nipple cream. It will help with those first tender feeds.
- [ ] Buy nursing pads. Be prepared to buy in bulk.
- [ ] Buy several nursing bras.
- [ ] Buy nursing covers or nursing tops if they make feeding more comfortable.
- [ ] Consider buying cabbages. The leaves will help relieve tenderness.
- [ ] Talk to people who have breastfed before for advice.
- [ ] Consider taking an antenatal class about feeding.
- [ ] Find out about local lactation experts.
- [ ] Find out about local breastfeeding cafes with experts and other mums.
- [ ] Research the best foods to eat while breastfeeding.
- [ ] Research healthy snacks that could keep up your energy while breastfeeding.
- [ ] Take a daily supplement containing 10mcg of vitamin D.
- [ ] Consider cutting down your caffeine intake – there's a recommended limit of 200mg a day.
- [ ] Keep hydrated.
- [ ] Consider buying a breast pump so others can help with feeds at some point.

- [ ] Buy a breastfeeding pillow to make feeding comfier.
- [ ] Buy lots of muslins. Breastfeeding on demand can mean a lot of leakage.