



Breastfeeding essentials

FIRST-TIME PARENTS

ARTICLE

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Planning to breastfeed but not sure what you'll need? Here is a list of our first-time breastfeeding tips to help you prepare.

- Buy nipple cream. It will help with those first tender feeds.
- Stock up on 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 stocking up on cabbages! Apparently, putting chilled cabbage leaves on your breasts may help to relieve tenderness.
- Talk to friends and family who have breastfed before for advice.
- Consider taking an antenatal class about breastfeeding.

- Find out about local lactation experts or breastfeeding support services in case you don't get the hang of breastfeeding straightaway.
- Research the best foods to eat while breastfeeding. There are plenty here:
- Look into healthy snacks that could keep up your energy while breastfeeding. Find out what to eat when you're breastfeeding here.
- Take a daily supplement containing 10mcg of Vitamin D.
- Cut down your caffeine intake if you need to—there's a recommended limit of 200-300mg a day.
- Drink plenty of water.
- Consider buying a breast pump so others can help with feeds at some point.
- Buy a breastfeeding pillow to make feeding more comfy.
- Buy burping cloths (sometimes called muslins). Breastfeeding on demand can mean a lot of leakage.