



## Get Ready Checklist

Here are a few things you may want to have on hand to make becoming a breastfeeding mom as easy as possible:

- Lansinoh HPA® Lanolin Cream** is the #1 mom-recommended product for healing and soothing sore, cracked nipples. It is especially made for nursing moms, which ensures it is safe for a baby.
- Lansinoh Disposable Nursing Pads** are great to use to prevent embarrassing leaks. Lansinoh Ultra Soft Nursing Pads can be used during the final weeks of your pregnancy or the first weeks of breastfeeding when your nipples may be especially tender.
- Several nursing bras.** There are lots of tips for buying nursing bras on the web or at a maternity store! A general suggestion is buy one that is at least one cup larger and one inch larger around than your breasts pre-delivery. Many women wear a nursing bra at night.
- A nursing pillow.** Many moms use a pillow for easier positioning, especially after a C-section or with multiples.
- A good breast pump.** If you are planning on returning to work and pumping, you will need a good reliable pump that will help maintain supply without damaging your breast tissue. The Lansinoh Double Electric Breast Pump or the Lansinoh Manual Breast Pump will allow the baby to benefit from breastmilk, even if mom and baby are apart.
- Lansinoh LatchAssist™.** Flat nipples due to breast engorgement or swelling are common for nursing moms in the early days of breastfeeding. LatchAssist™ is a simple tool to help your nipples temporarily stand out so that it is easier for your baby to establish a good latch, the first step to a successful breastfeeding experience.

The key to successful breastfeeding is a great support network....There are many places to turn for help. Most areas have a La Leche League meeting close by for pregnant and breastfeeding moms to attend. Children of all ages are welcomed. You can also find a local International Board Certified Lactation Consultant (IBCLC) in your area to support you in the first weeks with your new baby.