

Prenatal Breastfeeding and Maternal Self-Care Supplies

NIPPLE AND BREAST CARE

- **Organic nipple balm** (hospitals provide lanolin balm, but this can cause allergy and hypersensitivity in many people)
- **Lansinoh Soothie** gel pads (moist healing/gel environment for nipples similar to a bandaid for a burn)
- **Nursicare** pads are also very helpful for nipple pain and trauma, but should be used alone rather than with a balm (as I recommend with hydrogel pads)
- **LanaCare Wool Pads** can be very helpful for a condition called “vasospasm” of the nipples
- If you leak significant amounts of breastmilk, aim for a **reusable breast pad** as the disposable ones often cause allergy. Bamboo tends to be the least allergenic
- A silicone milk container such as a “**Haaka**” can collect and save any extra breastmilk from the breast that isn’t being nursed upon. Be careful that it can stimulate extra milk production in those who don’t need it, so the “ladybug” version of Haaka or the Elvie collection device can be more passive and less stimulating
- **Cake** maternity bras are especially good for larger breasts
- **Bravado** is a great all-around nursing bra with good support that can be worn beginning in pregnancy
- **Hot or cold packs** for breast pain (many people make their own or purchase on Etsy)
- **Nursing pillow** such as My Brest Friend or the Boppy are helpful, but the side lying position is often one of the most comfortable for moms and babies

PUMPING AND BOTTLES

- **Simple Wishes** hands-free pump bra
- **Pump** from insurance company. Consider Medela Symphony hospital grade rental pump if you anticipate significant time pumping, as the insurance company pumps most often have life spans limited to six months or less and pumping only 2-3 times daily.
- **Hand/Manual pump** is helpful for middle of the night small volume removal of milk to reduce engorgement for easier latch
- A **pump bag** is helpful if you intend to travel with the pump or commute to work. There are innumerable bags on the market! Find the one that works for you :)
- Wearable “smart” breast pumps such as the Elvie (tends to be preferred above Willow) are great options for those with car commutes and very busy schedules that allow for very little interruption (they are worn in the OR by surgeon moms). However, women with lower volume milk production should be careful that these do not stimulate the breasts as well as traditional pumps.
- **Breastmilk storage bags** (lie flat and store; can store in regular freezer for up to six months)
- I love the **Pura Kiki bottles** (stainless steel, warm up easily in bowl of warm water), which also have option for a silicone disc that seals them and makes them leakproof for travel

POSTPARTUM CARE FOR MOMS

- **Postpartum disposable panties** or reusable panties are necessary at first for the continued blood flow and/or urinary and/or stool incontinence after birth
- **Ice pads** designed for the rectal and vaginal region after birth can be very helpful for reducing pain and swelling
- As you progress further postpartum and may experience some urinary and/or fecal incontinence, **reusable “period” underwear** can be helpful

MATERNAL MENTAL HEALTH

- I can’t say enough good things about **Good Moms Have Scary Thoughts**. It is a realistic view into the sometimes alarming and strange thoughts that perinatal women can have. It also explores the change in relationships that occur throughout the perinatal period with partners, friends, and family. **What About Us?** is a book written by the same author, Karen Kleiman, and dedicated specifically to the topic of relationships; it will be published in fall 2021.
- Though it can be hard to find any free time in the postpartum period -- much less read with any purpose -- I nevertheless recommend having some additional books on hand if you think you may already be suffering from depression and/or anxiety during pregnancy. The **Pregnancy and Postpartum Anxiety Workbook** is great, as is the **Postpartum Depression Workbook**.