

The Nursing Mom Shopping List

Breastpumps

- For everyday use:
 - Double electric – Freestyle® or Pump In Style® Advanced
 - Single electric – Swing™
- For occasional use:
 - Single electric – Swing
 - Manual – Harmony™



Breastmilk Feeding & Storage

- Polypropylene or glass breastmilk bottles
- Breastmilk nipples
- Pump & Save™ breastmilk bags
- Portable cooler bag with ice pack

Breastpump Accessories

- Vehicle lighter adapter
- Batteries
- Extra breastshields

Cleaning

- Quick Clean™ Micro-Steam™ bags
- Quick Clean wipes
- Burp cloths



Breast Care

- Bra pads (disposable or washable)
- Tender Care™ lanolin
- Tender Care Hydrogel pads

Nursing Intimate Apparel

- Sleep bra & Comfort bra – take-to-the-hospital
- Seamless nursing bras – optimal everyday support
- Maternity support
- Postpartum support

Comfort

- Nursing pillow
- Baby carrier or sling
- NursingStool®
- Rocking chair or glider



Breastfeeding Books & Videos