

✦ **rebecca** **rose** ✦

Feeding Must-Haves

Breast Pain and Healing

- Coconut oil
- Motherlove nipple cream
- Silverettes for cracks, wounds
- Medela gel pads

Bottle Feeding

- First few weeks: Dr. Brown's 4oz bottle + Premie nipple
- 4 weeks and beyond: Evenflo Balance + Wide Neck nipples
- Pigeon bottles are also a great option

Pumping and Storing Milk

- Pump: Spectra S1 or S2
- Storage bags: Kiinde Twist Cap or Lansinoh
- Properly Sized Flanges
- Pumping Lube: Legendairy Milk Spray or Coconut oil

Feeding Must-Haves

Additional Pumping Essentials

- Collapsible bin for washing pump parts
- Bottle brush
- LaVie Lactation Massagers

Feeding-Friendly Clothing

- Nursing tank: Kindred Bravely
- Nursing Bralette: BaoBei Adore
- Pumping Bra: Kindred Bravely Sublime
- Robe: Kindred Bravely

Catch those leaks!

- Haakaa
- Reusable nursing pads: Little Milk Bar
- Disposable nursing pads: Lansinoh