

# Breastfeeding & Pumping Supplies



## Breastfeeding supplies

Added Perk: You only need your baby and a comfortable place to nurse!

- **Nursing bras**—your breasts will continue to change size, so a general rule is two cup sizes larger in the beginning of nursing and then one cup size larger later.
- Avoid sleeping in a nursing bra that has any underwire or tight bands. A breastfeeding tank top is better for sleeping if you desire additional support.
- Consider setting up a breastfeeding station equipped with snacks, water, and nipple cream if desired.
- **Nursing pads**—disposable or cloth- can be useful for after your milk is flowing. Change these each time they are wet.
- **Pillows for support**—nursing pillow if desired or bed pillow can work well.
- **Light swaddling blanket**—to cover infant when nursing in skin-to-skin fashion

## Pumping supplies

- **Double electric breast pump**—this type of pump is advised due to the ability to maintain your milk volumes with adequate suction and reliability. This would be your daily pump or recommended for moms that are exclusively pumping.
- **Hands free pump**—this type of pump can be used to empty milk volumes when apart from baby but not recommended as your primary pump or method for maintaining milk volumes

long term. This would be used for occasional use and convenience when unable to be near electricity or to give more freedom to move about while pumping. This is a great second pump option if you already have a double electric pump or only need to pump occasionally.

- **Hand Pump**—can be stored in a purse or diaper bag and used for times when apart from your baby but not ideal for your primary method of moving milk nor long term use.
- **Sterilization kit**—for sterilizing pump parts once every 24 hours or with each use if baby is in NICU.
- **Dedicated pump cleaning tools and dish soap**—that is unscented and mild.
- **Milk storage bags specifically made for pumping**—not plastic sandwich bags
- **Bottles for feeding baby**—your pumped milk with appropriately sized nipples
- **Method for warming milk**—Almara recommends using a bottle warmer or warm water bath to gently warm milk for your baby. You can place your sealed breastmilk into a mug or container of warm water from your sink and allow it to slowly warm for 3-5 minutes. Gently swirl your breastmilk bottle occasionally to warm it evenly and help the fat content mix. Microwave and stovetops should be avoided. The microwave destroys the antibodies and nutrients in expressed breastmilk which reduces their beneficial properties. Both the microwave and stovetops can also create dangerous hot spots in the milk which could scald your baby. Your milk should be lukewarm, or body temperature but never hot.

*There are no “rules for breastfeeding” but rather guidelines. Each couplet’s (mom and baby) journey will be different. Almara wants to celebrate you and help you reach your breastfeeding goals.*