

Holding Mama

SHOPPING LIST

for mom

TOILETRIES

- 3 packs of maternity pads to start with
- 2 packs of maternity panties
- Nipple cream
- Breast Pads (disposable or reusable)
- Rescue Remedy to help anxiety and sleeplessness
- A couple bags of coarse salt for sitz baths if you've had a natural birth
- Linen savers to sleep on or sit on during the early days of heavy bleeding
- A nursing cushion to support baby while breastfeeding
- A doughnut cushion for sitting on if you've had an episiotomy or experiencing pain from a tear
- Breast pump for pumping to increase supply or if you need to give a bottle (*you can always buy it after birth*)

CLOTHING

- Nursing bras (*some prefer a structured bra where the cup unclips, others prefer a wireless stretchy bra that can be lifted up or down*)
- Nursing tank tops to be worn under long sleeve shirts if it's winter
- Button down shirts and dresses
- Comfortable button up pajamas or stretchy nighties that can be pulled down to nurse
- A gown or comfortable loungewear