

# Getting Ready to Breastfeed



Here's a simple checklist to guide you through your first months of breastfeeding. You can download it for offline use or print it out for easier use away from your screens.





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## Checklist



### Familiarise yourself with various breastfeeding positions

  Breastfeeding is not a breeze for everyone, so it's great to have a few extra positions up your sleeve if your baby is refusing to latch on. Check out our breastfeeding body page for more information on breastfeeding positions.


### Invest in some extra physical support

  Many new mums swear by their breastfeeding pillows or breastfeeding chairs. Your comfort while breastfeeding is very important, so don't dismiss it as a luxury if you think it will make feeding time a lot more pleasant.



### Take a breastfeeding multivitamin

  A healthy diet is important and it's especially important to have a diet that supplies the increased nutrients you need during breastfeeding. Consider the [Elevit Breastfeeding multivitamin](#) to ensure you're getting enough of the important nutrients, such as betacarotene, omega 3, B-group vitamins, folate and vitamins C and D, calcium, iron and zinc.



### Pick up some breastfeeding clothes

 Whether you end up going the whole way with breastfeeding tops and dresses, or simply invest in a few maternity bras is completely up to you. Breastfeeding PJs are also available for those first few weeks when you often stay at home.



### Get a breastfeeding blanket or muslin

  If you're not 100% comfortable breastfeeding in public or breastfeeding in front of other people, a breastfeeding blanket or muslin will make you feel a whole lot better. Not all babies will enjoy being covered, but it's worth a try.



### Buy or hire a breast pump

  It is possible to express breast milk by hand, but a pump definitely makes life easier. You can hire them to start, if you're not totally convinced yet. Don't forget to also buy some bottles and airtight containers for storage. Breast milk storage bags and breast pads to help manage any leakage are another option to consider.



### Stock your fridge with healthy food

  Healthy eating and finding the right nutrient rich food for breastfeeding requires planning ahead, so try to have a fully stocked fridge at all times. Frozen vegetables, fruits, and meats are a great way to ensure you always have something on hand. Find more breastfeeding dietary information in our [nutrition page](#).



### Download a breastfeeding app

  With all the new things going on, it's hard to keep track of all the feedings and progress you and your baby are making. Breastfeeding apps come with handy timers and daily journals, which are great for keeping up with milestones.



### Organise some breastfeeding entertainment

  It's not uncommon to be feeding for up to 45 minutes at a time. Yes, a lot of this is precious bonding time, but there will be moments where you need a little something to keep you entertained. Download some of your favourite TV shows, buy some audio books, or create a breastfeeding playlist to pass the time pleasantly.

### Join a parenting group

  If you're new to motherhood it's important to take all the emotional and practical support you can get. Locate a parenting group on Facebook, Gumtree, or a parenting website and start meeting fellow breastfeeding mums or mums who have breastfed before. You can even start off in online parenting groups if you're not ready for public outings yet.

### Attend a breastfeeding class

  If you have questions about breastfeeding, breastfeeding classes can provide answers and advice to give you the confidence you need to successfully breastfeed. You can contact your midwife, early childhood nurse or find a local lactation consultant who can advise you of your nearest class, or search online parenting sites for more details.