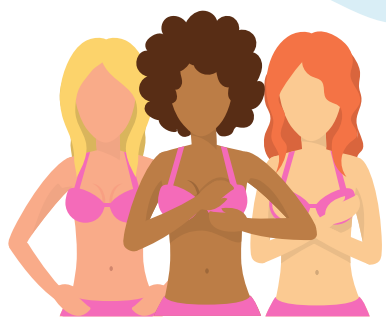


A Guide to Breastfeeding Antenatal Checklist

01

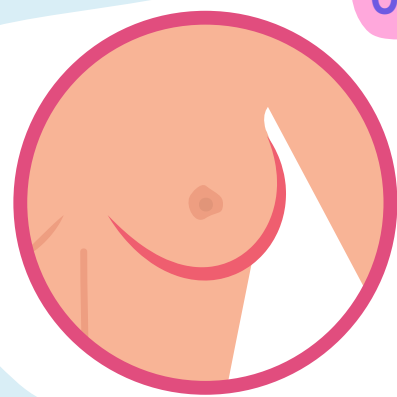


Have I seen breast changes?

Most people notice some change in their breasts - not necessarily size but tenderness, nipple growth, colour of areola darkens. If you are concerned please talk to your lactation consultant.

Are my nipples everted?

Everted means they stick out.. One condition that may make latching more difficult is inverted nipples. If your nipple is very flat or it pulls in when you press around it, talk to your lactation consultant.



02

03



What do I need to buy?

A comfy nursing bra that's not too tight. Some breast pads - many find the cloth ones softer. Lots of muslin clothes to wipe up spit up and use under your breast. You probably don't need to buy a breast pump yet as some need to hire a hospital grade one after birth. Finally - take a good breastfeeding prep class to learn all about latching and how babies breastfeed.

Know where to get help afterwards

Having your support team lined up before birth, takes the stress away if you do run into issues. While most IBCLCs don't schedule in advance of baby's birth, they will let you know their availability. Research your local playgroups and breastfeeding support networks too.

04



05



Think about your 4th trimester

Remember it's not just a baby who is birthed... it's also a mother, father, partner ... those early weeks can be blissful and also at times grueling. Prepare for those hard days by making a list of all the things you don't have to do...

Come and say hello on Instagram

I can be found daily on Instagram. It's not all babies and boobs there.. I talk about my bath obsession too.
[@nicola_lactationconsultant](https://www.instagram.com/nicola_lactationconsultant).

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www.breastfeedingsupport.ie

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