

# Baby first equipment – everything for nutrition

## Checklist

### ➤ If you are breastfeeding:

- ☐ 2- 3 Nursing bras with breast pads
- ☐ 2- 3 nursing shirts
- ☐ Nursing towel
- ☐ Nursing pillow
- ☐ Thermos flask (for lactation tea)
- ☐ Breast pump
- ☐ Breast milk bag or bottle

### ➤ If you are feeding:

- ☐ Pre-nutrition (in consultation with the midwife)
- ☐ 6 baby bottles for milk, 2 for tea
- ☐ 6 milk teats, size 1
- ☐ 4 teat cups, size 1
- ☐ Bottle brush \*
- ☐ Bottle warmer / baby food warmer \*
- ☐ Thermos flask (for hot water) \*
- ☐ Milk powder portioner \*
- ☐ Kettle
- ☐ Vaporiser \*

These products you will find at reer

#### Recommendation from reer

- reer mama grape seed nursing aid pillow

