FORT WORTH LACTATION
& TONGUE TIE SPECIALISTS

A LITTLE PREPARATION FOR A BIG BEGINNING

# Mama & Baby Essentials

## *Planning Ahead*

Your hospital bag. Your baby's everyday needs.
Your recovery. Your feeding preparation.



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www.fortworthlactation.com

# Before you pack your bag…

Hi Mama,

There’s something so special about getting ready to meet your baby. The tiny clothes, the little space you’re making for them, the wondering what they’ll look like. And somewhere in the middle of all that excitement comes the question: “What do I actually need?”

I’m Nichole—a registered nurse, International Board Certified Lactation Consultant, and mom of three. After years of caring for families in labor and delivery and helping moms with feeding, I’ve learned that the most useful preparation is often the practical stuff. What will make you comfortable? What will help when you’re tired? What can you have ready before everyone comes home?

That’s why I put this guide together.

Use it as a starting point. Check off what fits your family, make notes, and ask questions along the way. Some things are everyday basics; others are simply little comforts you might enjoy.

And while you’re making room for baby, remember to make room for your own needs, too. Your recovery, your meals, your rest, and the people who can help you matter just as much as that beautifully packed diaper bag.

I hope this makes getting ready feel a little easier.

*xo, Nichole*

**INSIDE YOUR GUIDE**

Your hospital bag

Newborn essentials

Mama’s recovery

Feeding favorites

Your next step

# What’s in your bag?

Comfortable, useful, and easy to find.

## For your comfort

- ☐ Pillow and blanket
- ☐ Comfortable nightgown or pajamas
- ☐ Socks, slippers, robe, and shower shoes
- ☐ Nursing tank or comfortable bra
- ☐ Underwear that will hold pads
- ☐ Loose going-home clothes

## Everyday things

- ☐ Toiletries, hair ties, lip balm, and dry shampoo
- ☐ Glasses, contacts, and your usual essentials
- ☐ ID and insurance card
- ☐ Phone and extra-long charging cord
- ☐ Camera or tablet, if desired

## For baby & your support person

- ☐ Car seat for discharge day
- ☐ Going-home outfit for baby
- ☐ Clothes and toiletries for your support person
- ☐ Snacks and chargers
- ☐ Special outfit or props for photos, if desired

## A few personal touches

A small fan, sound machine, playlist, or other comfort from home can be lovely. Check your hospital’s rules about what you can bring, including diffusers or other electrical items.

## If you’re feeling nervous

Write down your questions and ask your hospital or care team ahead of time. Knowing what to expect can help you feel more settled. Arrange care for pets and older children, too—that’s one less thing on your mind when it’s time to go.

# Baby's everyday basics

Feeding, diapering, and a few things to have on hand.

## Bottles

My favorite bottle is the one that best fits your baby. Having an experienced IBCLC evaluate your baby's oral function and watch a feeding can help you find the right fit.

Two of my favorites for many babies are:

☐ Pigeon bottles with an SS nipple

☐ Evenflo Balance Standard Neck bottles

## Bottle warmer

I love the Grownsy bottle warmer. Check the model's instructions to make sure it works with the bottles you choose.

## Bottle brush

This Dr. Brown's brush is my favorite. It stands up on its own and holds up well.

## Formula

Even if you're planning to breastfeed, I recommend having a formula option picked out and available. Take a little time to review the ingredients and choose one that fits your baby's needs and your family's preferences. If organic ingredients or other specific ingredients matter to you, this is a good time to look into those details. Your baby's clinician can help with individual feeding needs.

## Pacifier

NinniCo is one of my favorites when thinking about oral function, but the fit depends on your baby's abilities. If your baby struggles to hold or suck on a pacifier—especially alongside feeding difficulties—an oral-function assessment with an experienced IBCLC may help you understand what's going on. Not every baby who declines a pacifier has an oral-function problem.

## NoseFrida

This is my favorite snot sucker. Keep replacement filters on hand and change them as the manufacturer directs.

## Saline for baby's nose

Infant saline is another item I like to have available. Follow the product directions.

## Diapers

Honestly, I am NOT the diaper expert. The options and technology change so much! There are plenty of great choices, and you may need to try a few brands before you find one you love.

With my third baby, I fell in love with cloth diapering and wished I'd known about it sooner. It isn't for everyone, but it's an option worth knowing about.

## Wipes

I love cloth wipes with warm water, especially for sensitive skin. They can double as baby washcloths, too.

One little detail that matters: gently pat baby's bottom dry before applying cream or ointment and before putting the diaper back on.

# Little comforts & daily care

A few favorites for the everyday moments.

## Burp cloths

These are some of my favorites.

If you're getting soaked in spit-up several times a day, Get Burple may help protect your clothes while you get support. It was created by parents who were dealing with plenty of spit-up themselves.

Some spit-up is common. If it seems excessive, uncomfortable, or affects feeding or growth, have baby evaluated. An IBCLC can assess feeding, and your baby's clinician can evaluate medical concerns. You deserve help figuring out what's happening.

## Swaddle blankets

I love these swaddle blankets. Swaddling can help some babies calm and settle, but make room for stretching, free movement, and supervised awake tummy time, too. Follow current swaddling safety guidance; stop swaddling when baby shows signs of trying to roll.

## Sound machine

White-noise sound machine. Follow safe volume and placement instructions.

## Bath & grooming

- ☐ Hooded bath towel
- ☐ Baby washcloths
- ☐ Baby bathtub
- ☐ Nail clippers
- ☐ Cradle-cap and everyday brush set

# Comfort & getting support

Products can help. Understanding your baby matters, too.

## Gas & feeding comfort

If baby seems gassy, an experienced IBCLC can watch a feeding and assess whether air intake during feeding may be contributing. Gas and fussiness can have other causes, too; your baby's clinician should assess persistent or concerning symptoms.

Gas drops may be something to discuss with your baby's clinician. They don't address the underlying reason a baby is uncomfortable, and evidence for treating colic is limited.

**A little experience-based tip:** In our practice, some families have found giving gas drops between breasts, or just before a bottle or a one-sided feed, helpful. That is an observation from experience—not research showing that this timing works better. Ask your baby's clinician whether the product is appropriate and follow the label's age and dosing instructions.

## Windi Gas Passer

Windi Gas Passer. Ask your baby's clinician whether a rectal gas-relief device is appropriate before using one; it isn't a substitute for assessing ongoing discomfort. Follow the product instructions.

## Medicine syringe pacifier

Medicine syringe pacifier. Use only for medication or supplements your baby's clinician recommends, following the prescribed dose and product directions.

## Herbal & holistic products

Dr. Green Mom offers herbal and holistic formulations through her website and Amazon. If you're considering a product for your baby, review the specific ingredients, age guidance, and suitability with your baby's clinician first.

And Mama, if you've been told "it's just colic," you still deserve support. An experienced IBCLC can assess feeding-related contributors, alongside your pediatrician's evaluation. We can help you look for what may be making feeding uncomfortable without assuming every case has the same cause.

## Thermometer

Rectal thermometer. Ask your baby's clinician how to use it safely and when a temperature needs medical attention. Use the lubricant specified in the thermometer instructions; ask before substituting coconut oil.

## Humidifier

Humidifier. Follow the cleaning and placement instructions.

## Skin care

For my own dry skin, I love beef tallow. For a baby, check the specific ingredients and ask their clinician whether it's a suitable option, especially for sensitive or irritated skin.

# Home, sleep & getting out

Choose the things that fit your family and your routine.

## Sleepers with fold-over mitts

Sleepers with fold-over mitts are a favorite of mine because separate mittens seem to fall off so easily.

The magnetic version can be especially handy in the middle of the night—or anytime, really.

## Baby carrier

My favorite carrier has a supportive belt that helps distribute weight around your hips and back. Make sure the carrier fits both you and baby and follow its positioning instructions.

## Bassinet

My favorite bedside bassinet. Confirm that the model is appropriate for your baby and use it exactly as the manufacturer directs, including any attachment requirements. Don't modify a crib into a sidecar setup.

## A few more home basics

☐ Crib sheets

☐ Changing pad with a cover

☐ A comfortable rocking chair or glider

## Car seat

I love this car seat because it's slim and can grow with your child through its approved stages. A separate infant carrier-style car seat isn't the only option: a convertible seat may work from birth if it fits your newborn, your vehicle, and the manufacturer's limits. Check the exact model before purchasing.

## Nice to have

These can be useful, but you don't have to buy everything before baby arrives:

☐ Portable bouncer

☐ Swing

☐ Tummy-time mat

Bouncers and swings are for supervised awake use, not sleep.

## Let's think beyond the shopping list

What do you picture sleep looking like once baby is home? Have you thought through where you'll feed, where baby will sleep, and how you'll handle those tired nighttime hours?

You may have heard about AAP safe-sleep recommendations or the Safe Sleep Seven for breastfeeding families. These aren't interchangeable guarantees of safety. Learning about your setup and its risks ahead of time is part of preparing, too.

I cover sleep considerations and much more inside **The Motherhood Collection**, along with birth, feeding, recovery, and newborn care.

Start learning before baby arrives.

Explore The Motherhood Collection →

# You belong on this list, too.

A few comforts for your recovery.

## Breast comfort

Hot/cold breast packs

Handy to have available whether you'll be breastfeeding, pumping, or working through milk coming in while not breastfeeding. Ask your care team which approach fits your situation and follow the pack's use instructions.

## Your pericare & recovery supplies

Your delivery and recovery will help determine what you need. Check medications and medicated products with your care team and use them as directed.

- ☐ Motrin and/or Tylenol, if appropriate for you
- ☐ Colace, if recommended
- ☐ Simethicone or Gas-X, if needed
- ☐ Tucks
- ☐ Dermoplast
- ☐ Sitz bath spray: option one / option two
- ☐ Perineal ice-pack pads
- ☐ Reusable ice pack
- ☐ Peri bottle

## Underwear & protecting your bed

- ☐ Disposable postpartum underwear
- ☐ Or washable dark-colored underwear, with postpartum pads
- ☐ Washable bed pads
- ☐ Or disposable bed pads

Disposable underwear can be convenient, but comfortable dark underwear you can wash is a great alternative.

And if you don't already have an extra set of dark sheets, this is a good time to get one ready. Between postpartum sweating, bleeding, spit-up, and the occasional baby-poop situation, having a clean set waiting means you aren't frantically doing laundry when you'd rather be resting.

## Everyday comfort

- ☐ Belly binder, if recommended for your recovery
- ☐ Comfortable nursing pajamas in a dark color
- ☐ Slippers or comfy socks
- ☐ A large water bottle

## My little rolling-cart trick

I love a wheeled cart like this one that you can move around the house with you. Stock it with the things you keep reaching for—water, snacks, burp cloths, feeding supplies, a charger, and a few diapering essentials. It's such a simple way to keep what you need close by.

# A few feeding favorites

And a plan for getting the right fit.

## Nursing pads

Choose disposable nursing pads or reusable nursing pads, depending on what you prefer.

## Comfortable feeding clothes

☐ Nursing bras

☐ Nursing tank tops

## Breast pump & parts

This is one of those purchases that really is individual. Your breast shape, flange fit, feeding plans, and everyday routine all matter.

Meeting with an experienced IBCLC before delivery and again soon after you're home can help you choose and adjust a pump setup that works for YOU. Your needs may change as you begin feeding and pumping.

**My favorite "workhorse" pump:** Spectra.

This portable option can move around with you, but portable doesn't automatically mean wearable.

**My top pick if you're going all in on a wearable:** Eufy S2 Pro.

**Another option I like:** Eufy S1 Pro. The older model may be less expensive, so compare the current options.

**My budget pick:** Eufy S1 without the charging case. If you'd like to spend a little less, compare this option with the Pro models. Prices can change, so check the current price and what's included before ordering.

## Storing milk & pumping on the go

☐ My favorite breastmilk storage bags for freezing

☐ My favorite on-the-go milk chiller

☐ An on-the-go warmer

Follow each product's cleaning, storage, and temperature instructions.

# Comfort, support & confidence

A few favorites—and knowing when to ask for help.

## Nipple comfort

☐ My favorite nipple cream

☐ Ventilated breast shells

☐ Soothing gel pads

Breast shells can help keep clothing from rubbing against tender nipples, but they need to fit well and allow ventilation. These are comfort options to discuss with your IBCLC—not a substitute for finding out why feeding hurts.

**You may notice silver nursing cups didn't make my list.** They used to be on it, but in our practice we've seen some moms with damaged nipples develop overly wet, softened skin while using them. That's called maceration, and it's one reason we no longer recommend them routinely. It doesn't mean every mom will have the same experience.

Even with gel pads, the right choice depends on what's happening with your skin. If you're reaching for product after product to get through feeding, please see an experienced lactation consultant.

**Pain may be common, but that doesn't mean you should be told to just put up with it.** Ongoing pain, bleeding, or damaged nipples deserve an evaluation. There's a lot we can look at to help you feed more comfortably.

## A little support & privacy, if you'd like it

☐ My favorite nursing support pillow

☐ My favorite nursing cover, if you prefer one

Use a feeding pillow for supported, awake feeding—not as a sleep space for baby.

## A feeding plan is part of preparing, too.

Before baby arrives, give yourself a chance to learn how feeding works, what to expect in the beginning, and when to ask for help.

My **All About Breastfeeding** class is part of **The Motherhood Collection**, alongside classes for birth, recovery, newborn care, and preparing your partner.

Learn now. Come back to the information as new questions come up.

Explore The Motherhood Collection

# You've packed the bag.

Let's get YOU ready, too.



There's something so sweet about folding those tiny clothes and getting everything ready for your baby.

But somewhere between choosing bottles and washing blankets, you might be wondering...

What will happen when I get to the hospital? How will I know if breastfeeding is going well? What about my recovery?

Mama, that's the part I want to help you prepare for.

*xo, Nichole*

THE MOTHERHOOD COLLECTION

## Birth. Feeding. Recovery. Life with your baby.

My classes, workshops, and practical resources—together with a community of moms sharing encouragement and experience. Learn now and return as new questions come up.

**EXPLORE THE MOTHERHOOD COLLECTION**

# Your complete essentials checklist

Choose what fits your family. Alternatives are options, not a shopping requirement.
Product names are clickable in the digital PDF. See the guide for use notes and individual considerations.

## HOSPITAL / FOR YOU

- ☐ Pillow
- ☐ Blanket
- ☐ Nightgown or pajamas
- ☐ Robe
- ☐ Socks / slippers
- ☐ Shower shoes
- ☐ Nursing tank / comfortable bra
- ☐ Underwear that holds pads
- ☐ Loose going-home clothes
- ☐ Toiletries
- ☐ Hair ties
- ☐ Lip balm
- ☐ Dry shampoo
- ☐ Glasses / contacts
- ☐ Photo ID
- ☐ Insurance card
- ☐ Phone
- ☐ Extra-long charging cord
- ☐ Camera / tablet (optional)

## HOSPITAL / BABY & PARTNER

- ☐ Rear-facing car seat (see home list)
- ☐ Baby's going-home outfit
- ☐ Support person's clothes
- ☐ Support person's toiletries
- ☐ Snacks
- ☐ Chargers
- ☐ Photo outfit / props (optional)
- ☐ Fan (if permitted)
- ☐ Sound machine (if permitted)
- ☐ Playlist / speaker (if permitted)
- ☐ Diffuser (only if permitted)

## BABY / FEEDING & DIAPERING

- ☐ Pigeon bottles + SS nipple
- ☐ Evenflo Balance Standard Neck
- ☐ Grownsy bottle warmer
- ☐ Dr. Brown's bottle brush
- ☐ Formula option, if needed
- ☐ NinniCo pacifier
- ☐ Diapers: disposable or cloth
- ☐ Cloth wipes / warm water
- ☐ Diaper cream / ointment, if used

## BABY / DAILY CARE

- ☐ Burp cloths
- ☐ Get Burple (optional)
- ☐ Swaddle blankets
- ☐ White-noise sound machine
- ☐ Hooded bath towel
- ☐ Baby washcloths
- ☐ Baby bathtub
- ☐ Nail clippers
- ☐ Cradle-cap / everyday brush set
- ☐ NoseFrida
- ☐ Replacement suction-device filters
- ☐ Infant saline

## BABY / COMFORT OPTIONS

- ☐ Gas drops (see guide notes)
- ☐ Windi (see guide notes)
- ☐ Medicine syringe pacifier
- ☐ Dr. Green Mom: discuss suitability
- ☐ Rectal thermometer
- ☐ Thermometer lubricant (per instructions)
- ☐ Coconut oil: see thermometer note
- ☐ Humidifier
- ☐ Beef tallow: see skin-care note

## BABY / HOME & GETTING OUT

- ☐ Sleepers with fold-over mitts
- ☐ Magnetic sleepers (alternative)
- ☐ Baby carrier
- ☐ Bedside bassinet
- ☐ Crib sheets
- ☐ Changing pad + cover
- ☐ Rocking chair / glider
- ☐ Car seat
- ☐ Portable bouncer (optional)
- ☐ Swing (optional)
- ☐ Tummy-time mat

## MAMA / RECOVERY

- ☐ Hot/cold breast packs
- ☐ Motrin / ibuprofen, if appropriate
- ☐ Tylenol / acetaminophen, if appropriate
- ☐ Colace, if recommended
- ☐ Simethicone / Gas-X, if needed
- ☐ Tucks
- ☐ Dermoplast
- ☐ Sitz bath spray: option one
- ☐ Sitz bath spray: option two
- ☐ Perineal ice-pack pads
- ☐ Reusable ice pack
- ☐ Peri bottle
- ☐ Disposable postpartum underwear
- ☐ Washable dark underwear
- ☐ Postpartum pads
- ☐ Washable bed pads
- ☐ Disposable bed pads
- ☐ Extra dark-colored bed sheets
- ☐ Belly binder, if recommended
- ☐ Dark nursing pajamas
- ☐ Slippers / comfy socks
- ☐ Large water bottle
- ☐ Wheeled supply cart

## BREASTFEEDING & PUMPING

- ☐ Disposable nursing pads
- ☐ Reusable nursing pads
- ☐ Nursing bras
- ☐ Nursing tank tops
- ☐ Pump parts / fitted flanges
- ☐ Spectra pump
- ☐ Eufy S2 Pro wearable
- ☐ Eufy S1 Pro wearable
- ☐ Eufy S1 without charging case
- ☐ Breastmilk freezer bags
- ☐ On-the-go milk chiller
- ☐ On-the-go warmer
- ☐ Nipple cream
- ☐ Ventilated breast shells
- ☐ Soothing gel pads
- ☐ Nursing support pillow
- ☐ Nursing cover (optional)