



HOSPITAL BAG ESSENTIALS



Take the guesswork out of packing your bag. Yummy Mummy gives you the lowdown on what you'll need to start breastfeeding.



Nursing Pads

Look for a disposable pad that has an absorbent lining to draw milk away and into the core of the pad, keeping the skin and clothing dry.



Milk Makers Lactation Cookies

Lactation cookies are an easy, delicious, and nutritious way to help boost milk supply. Baked into each cookie are oats, brewer's yeast, and flax seed – traditional remedies used to help increase breast milk production. Semi-sweet chocolate adds the perfect touch of sweetness to every bite. One to two cookies a day can help you reap the full benefits. Store your cookies in the freezer and take them out as needed.



Belly Bandit

The specialized material provides aid in constricting the belly, minimizing stretch marks and supporting core muscle structure. This provides a balance of comfort and compression while supporting the back. Moms who have had C-sections find it incredibly helpful.



Nipple Cream

Get your breasts off to a good start with a safe, nontoxic nipple cream.



Nursing Bras

Provides easy access for your little one to nuzzle and nurse.



PJ set or Nightgown

Flimsy hospital gowns are hardly discreet, let alone comfortable. Get cozy in a soft and stylish nightgown or PJs specially designed for easy nursing.



Preggie Pop Drops

All natural, drug free and recommended by healthcare professionals to provide relief from morning sickness. Also a great addition to your labor bag to help with dry mouth and to provide a nice energy boost.