Coconut oil: better than Lanoline for nipples because it does all the same things, PLUS it has antibiotic properties and doesn’t mask the smell your baby needs to sense.

Probiotics: in case you or your baby needs antibiotics during or after labor, it will decrease your chance of developing thrush.

Acid Soothe (brand Enzymedica) or Apple Cider Vinegar: MUCH better than Tums for heartburn and safer because tums doesn’t cross through the placenta safely, if you take a lot, we’ll see parts of them in your placenta at birth!

Epsom Salt: perfect in the bath for healing after birth. You may also need while pregnant to decrease swelling and/or keep your amniotic fluid up.

Wrap: Carriers are great, but newborns need wraps! Especially if you end up having a small baby, most carriers have a 7lb or 8lb minimum. If you’re confident in ring sling use, those are great. Get added to your local babywearing FB group for help.

Something for perineal support: coconut oil is fine, but there are special creams made specifically for preparing those tissues for birth.

Humidifier/Diffuser with aroma therapy: Many babies have congestion early on because they’re still working out mucus from inhaling it in the womb. Plus many kids get runny noses often. Having a really good humidifier is going to save you from a lot of sleepless nights. Side note: put that baby to sleep upright/ at an angle if they’re congested ☺ The good kind is not the one you get from CVS with Vix vapor added. Call your DoTerra or other essential oils company rep for suggestions.

Breast Milk Supply herbs: Breastfeeding supply issues are typically the scapegoat when a different, less challenging, issue is to blame. But it doesn’t hurt to have some on hand just in case. Especially around growth spurts or when pumping replaces a lot of nursing because of returning to work. Fenugreek is a good one, but do not use it if you have nut allergies. Another great one is Goats Rue or “More Milk Plus” both made by the brand Mother Love. The combination teas and vitamins are not as good as going straight to the good ones that truly do the trick.

Labor food and water: Just think what would you agree to consume when you’re nauseous? And what can you chew and swallow easily? A smoothie? Toast? Yogurt? Banana? How can we get the most protein and carbs in you? Hydration is HUGE for efficient birth! Get water with added electrolytes ex. Smart water or coconut water also has electrolytes.

Hydrogel Pads: these are to keep in your nursing bra/tank between feedings to keep your nipples moist. This will help aide healing or prevent soreness. Keep them in the refrigerator.

Rocking Chair: Rocking and humming or singing your baby to sleep is going to be a god-send when your baby gets a little older and you need to do something other than nurse them to sleep. Plus, singing to your baby has been proven to calm them. You have got to sing to that baby!

Coconut Oil Baby Wrap Smart water/coconut water

Probiotics Perineal Support cream Protein smoothie/labor food

Acid Soothe/ACV Fenugreek/ Goats rue Hydrogel Pads

Epsom Salt Humidifier/Diffuser Rocking Chair and lullabies