

Breastfeeding Products



Cardinal Pediatrics
304-599-8000

Help with positioning Baby at the Breast

My Breastfriend Pillow: Unique firm pillow that has a wrap around design. It clips in place and stays snug, so baby is not slipping into the crack between mom and the pillow

Sore Nipples

REMEMBER-helping baby achieve deep and effective latch on the breast is key to minimizing pain. Ask for help!

- **Hydrogel Pads:** these are worn between feeds, against the nipple to promote healing
- **Breast Shells:** these are worn between feedings inside the bra and let air circulate
- **Nipple Creams and Lanolin:** there are many brands!
 - Lanolin: Lansinoh brand or Medela Tendercare
 - EarthMama Nipple Butter
 - Motherlove Organic Salve

Pumping Breastmilk

- **Double Electric Breast Pump:** Call your insurance, they may cover this benefit. Quality brands with a proven track record include: Medela, Spectra, Ameda, Lansinoh
- **Pumpin Pal Pump Flanges:** these downward angled flanges are surprisingly helpful!
- **Silicone All-in-One suction only type pump.** Haakaa is the brand name version of this device, but there are several generic options. While breastfeeding baby on one side, this device collects some milk from the other side.

Increasing Milk Supply

REMEMBER - a key part of making more milk is removing more milk from the breast, more frequently! And the best pump is usually the baby!

Lactogenic Foods

- Think healthy food
- Vegetables (dark leafy)
 - Spinach, Avocado
 - Sweet potato
- Nuts/Seeds
 - Almond, chia, flax seed
- Legumes
 - Chickpeas, lentil, kidney
- Whole Grains
 - Barley, oats, quinoa

Herbal Supplements

Use caution if pregnant/diabetic/food allergies

- Moringa
- Goat's Rue
- Blessed Thistle/ Milk Thistle
- Fennel
- Alfalfa
- Brewer's Yeast

It is usually more effective to buy combined supplements in capsule or tincture form. Companies like Motherlove, Legendairy, and Birth Song Botanicals have many options

These can decrease

- Sudafed (pseudoephedrine), decongestant.
- Estrogen containing birth control pills. The estrogen counteracts and suppresses the breastfeeding hormones.
- Sage and Peppermint
- Essential Oils, use caution
- CBD oil: this is known to pass into breastmilk and may harm baby's neurologic development.



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Remember we are only a text / phone call away!