



Congratulations and Welcome to Mamahood!

Here are a few things to help you tackle life with a new baby like a pro!

Your New Mama Survival Kit Includes:

Burp Clothes - They don't have to be pretty, they just have to work.

Plain Onesie - Never underestimate the value of a back up onesie.

Latch Pacifiers - Your new best friend, don't leave home without several.

Latch Bottles - Whether you breastfeed or use formula, a great bottle is key.

Water Bottle - Hydrate! This opens with one hand, you'll be doing a lot one handed.

Coffee Gift Card - The exhaustion doesn't last forever, I promise!

Lactation Cookies - Don't forget to eat! Especially things with chocolate!

Mother's Milk Tea - You're making plenty, drink this to put your mind at ease.

Nail Polish - A little reminder that you are still you. Treat yourself!

My Phone Number - Call or text any time!