

MUST HAVE PRODUCTS

FOR PREGNANCY, CHILDBIRTH, BREASTFEEDING, POSTPARTUM AND NEWBORNS

1. BOOKS

[Real Food for Pregnancy](#) by Lily Nichols
[Ina May's Guide to Childbirth](#) by I. M. Gaskin
[Supernatural Childbirth](#) by Jackie Maze
[Ina May's Guide to Breastfeeding](#) by I. M. Gaskin
[The First Forty Days](#) by Heng Ou



2. PREGNANCY

[Maternity Support Belt](#)
[Earthley's Goodnight Lotion](#)
[Earthley's Soothing Belly Butter](#)
[Pregnancy Pillow](#)
[Maternity Leggings](#) or [Maternity Shorts](#)



3. SUPPLEMENTS

[Perfect Supplements Beef Liver](#)
[Perfect Supplements Acerola Cherry](#)
[Perfect Supplements Magnesium](#)
[Varigone Vein Support](#)
[Red Raspberry Leaf Tea](#)



> Use Code: SURRENDERED10 for 10% off Perfect Supplements Orders

4. LABOR/CHILDBIRTH

[Birth Ball](#)
[Diffuser](#)
[Heating Pad](#)
[TENS Unit](#)
[Portable Fan](#)



5. BREASTFEEDING

[Haakaa Let Down Catcher](#)
[My Brest Friend Nursing Pillow](#)
[Kindred Braverly Nursing/Pumping Bra](#)
[Silverette Nursing Cups](#)
[Organic Nursing Pads](#)



6. POSTPARTUM

[AfterEase After Pains Tincture](#)
[Upside Down Peri Bottle](#)
[Earth Mama Perineal Spray](#)
[Postpartum Ice Pack Pads](#)
[Postpartum Belly Band](#)



7. NEWBORN

[Nose Frida Snot Sucker](#)
[Parade Organics Onesies](#)
[Muslin Swaddle Blankets](#)
[Baby K'Tan Baby Carrier](#)
[Portable Sound Machine](#)



8. BONUS: RESOURCES

[Documentary: The Business of Being Born](#)
[Documentary: Why Not Home?](#)
[Podcast: Surrendered Birth Stories](#)
[Podcast: Down to Birth](#)
[Podcast: Happy Homebirth](#)

