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As you may or may not know it is extremely important to wear a well fit bra at all times but most importantly when you are nursing. The size and shape of your breasts change all day (and night) long as you establish a nursing routine with your new baby. Choosing a nursing bra that is too tight can cause such problems as plugged milk ducts or mastitis. Thus you will want a nursing bra that is comfortable and that can adapt to fluctuations in your breast size.

Tips to Help you fit your Nursing Bra

- c Your bra should be well positioned; the band should be level at the front and back. The straps should have just enough tension to hold the bra on your shoulders; they should not be providing support. Red marks on your shoulders indicate that your straps are too tight.

- c Your bra should fit snugly while not putting pressure on your lower breast tissue. To test the band size, run your finger underneath the band, your finger should glide smoothly. If your finger moves too easily try a smaller band size. If your finger is “caught” by the band go bigger.

- c A well fit bra covers the entire breast..the cup should be big enough to completely support the breast and breast pad. There should be no bulging out of the top or bottom of the bra. The material of the cup should be smooth and lay flat. If you can pinch material on the cup try a smaller cup size.

How Many Nursing Bras do I Need?

c It is a good idea to have 2-3 nursing bras, that way you will always have clean one on hand.

Why Do I Need a Breast Pad?

During the early stage of nursing (and sometimes for a longer period), many women need to absorb milk that leaks from their breasts between feedings. Tucking a breast pad in your bra ensures that your clothes stay dry.

Why do we Recommend Bravado Nursing Pads?

c **Two layers of absorbent, terry-cloth.** Terry-cloth is a very absorbent fabric. In fact, one layer of terry-cloth is equivalent to two layers of flannel, which makes it a perfect choice for our thirsty breast pad. Darts ensure a form-fitting shape, while the outer layer is cream color to keep your pads clean and fresh looking.

c **A middle layer of white terry-cloth.** A specific absorbent zone was created by adding an extra semi-circle layer of terry-cloth below the nipple area, giving the pad an overall trim appearance without compromising absorbency.

c **A Cool Max™ mesh layer that lies against your skin.** Cool Max™ fabric was designed for athletic wear and is specifically formulated to move moisture away from the skin. This promotes air circulation and keeps the sensitive nipple area dry. Studies have shown that Cool Max™ takes less than half the time to dry as cotton.

