

♥ ♥ ♥ Leaking Breasts ♥ ♥ ♥

If you have problems with milk leaking from your breasts between feedings, the following tips will help:



- ♥ Breastfeed often.
- ♥ Breastfeed before having sex.
- ♥ Use nursing pads without plastic lining. Change them often to prevent problems with sore nipples. You can also make nursing pads by cutting up handkerchiefs, diapers, towels, etc.
- ♥ Avoid wearing solid colors or clothing made from silk. It is better to wear clothing that has a pattern such as a floral print or checked design. This makes it more difficult to see leakage.
- ♥ Press your forearms against your breasts to control leakage when out in public.

Your breast milk offers your baby benefits that will last a lifetime!