

How Do I Find A Nursing Bra?

You do not have to wear a nursing bra to successfully nurse your baby. However, many mothers like to wear a nursing bra for the convenience it can provide during the feeding.

In some areas a nursing bra is hard to find. Check local stores and their catalogs. You also have the option of ordering direct from a variety of companies.

The phone numbers and internet addresses of several companies which carry a line of breastfeeding products are listed below. You can request a catalogue or simply ask customer service for help in ordering what you need.



What do I look for in a nursing bra?

1. **A band that has at least 3 hooks in the back.** Having this added size adjustment ensures a better and more comfortable fit as the body changes.
2. **A cup that is adjustable with hooks or which has fabric that allows for stretch.** This provides for changing breast fullness and the need for any appliances that must be worn in the bra; ie. breast shells.
3. **Cotton - preferably 100% - lining in the cup.** This allows for maximum airflow to the nipples and breast.
4. **Non-elastic straps.** This ensures optimal support for the breasts and helps prevent sagging.
5. **If the bra does not have traditional nursing flaps that unsnap or unhook, the cup should easily slide over or lift up for breastfeeding access without unnecessarily mashing or binding the breast tissue.**

Bravado

1-800-590-7802

www.bravadodesigns.com

Leading Lady

1-800-321-4804

www.leadinglady.com

Medela

1-800-435-8316

www.medela.com

Motherhood

1-800-466-6223

www.motherhood.com

Mother Wear

1-800-950-2500

www.motherwear.com

Other sources can be found by doing an internet search.

What size do I need?

To determine your band size and cup size, you'll need to take two measurements while wearing a good-fitting, unpadded bra. For the band size, measure around the body, just under the arms, with a measuring tape. Remember to stand up straight and breathe normally. If the measurement is an uneven number, round up to the next even number.



To determine your cup size, you'll need to measure around your body at the fullest part of the bust. Be certain the measuring tape is secure against your back. **Subtract the first measurement (the underarm measurement) from the second measurement (the bust) and look at the chart below to determine your cup size.**

Difference Between Measurements	Cup Size
Up to 1" larger	A
Up to 2" larger	B
Up to 3" larger	C
Up to 4" larger	D
Up to 5" larger	DD
Up to 6" larger	F
Up to 7" larger	G
Up to 8" larger	H

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