



HELP!! I'M A NEW BREASTFEEDING MOM!!

No worries, we are here to help. Our staff has special certification in bra fittings specifically for pregnant and lactating women. We can fit you with a pregnancy bra- through all the different stages, as well as once your milk comes in and then again as you settle into your new routine.

Our owner has personal experience with breastfeeding three children, the most recent of which is 2 years old. She went through many problems that women who are nursing experience and can relate and help you through some of the difficulties that may arise.

Many of the products we sell in the nursing section of our store are as a result of personal experience and problem solving. Let us help you have a great experience!

In the meantime, we think the following are useful starter tools every nursing mom needs:

1. A great pump- we offer for purchase the Medela in various styles-all with 2 phase technology.
2. A great and comfortable nursing bra-Bravado offers several styles and sizing.



3. A supportive breastfeeding pillow-we love My Brest Friend
4. A suitable storage system for your milk-we love Milk Trays
5. A supportive friend or family member to lean on when things don't go smoothly. Contact your local La Leche League leader or Lactation Consultant for expert advice and counseling.