

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 websites. You also have the option of ordering directly from a variety of companies.

Bra size and cup size will change while breastfeeding. You will need a larger size the first few weeks and a smaller size after a few months of breastfeeding.

What do I look for in a nursing bra?

- **A band that has at least 2-3 hooks in the back.** Having this added size adjustment ensures a better and more comfortable fit as the body changes.
- **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 need to be worn in the bra; i.e. breast shells.
- **Cotton- preferably 100%- lining in the cup.** This allows for maximum airflow to the nipples and breasts.
- **Non-elastic straps.** This ensures optimal support for the breasts.
- **If it does not have traditional nursing flaps that unsnap or unhook, the cup should easily slide over or lift up for breastfeeding access without necessarily mashing or binding the breast tissue.**

What size do I need?

To determine your band size and cup size, you will 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.
- For the **cup size**, you will 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 cup size



<u>Difference Between Measurements</u>	<u>Cup Size</u>
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

