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There are a number of reasons supporting the “breast is best” philosophy.

Breast milk is rich in nutrients that promote nervous system development and brain growth. Carbohydrates and protein levels in breast milk are perfectly suited to babies and the antibodies in breast milk contribute substantially to developing baby's immune system. [Your best breast milk is produced at night; click here to learn the art of night nursing.](#)

Nursing

- ♥ You should put baby to your breast as soon as possible after birth as their instinct to feed and establish a good pattern at the breast is strongly developed at this stage.
- ♥ In the first few days when colostrum is produced, simply feed baby as often as needed.
- ♥ Once breast milk comes in from about Day Three, two hourly feeding is very common, with the occasional longer gap of 3 or 4 hours.
- ♥ Small babies need nothing other than mothers' milk which has enough water to quench thirst and nutrients to satisfy hunger.
- ♥ The initial milk (or foremilk) seems more watery and may even appear to have a blue tinge as it is primarily to quench thirst.
- ♥ This is followed by the hindmilk which is nutrient-rich and mostly looks creamier.
- ♥ Each feed also tends to occur in 'courses', baby often needing to feed 3-4 times with a little nap or a soiled diaper between 'courses'.
- ♥ If you have an abundance of milk and baby seems to choke and splutter, lying and feeding or laying baby on your tummy down your abdomen while suckling tends to make milk come slower.
- ♥ Do not wake baby for a feed before you go to bed, thinking that will tide baby over for the night - if you interferes with the so-called 'core sleep', sleeping through will take longer to come.
- ♥ At the same time, try not to resent night feeding as it is an important part of nursing for many babies.
- ♥ By not limiting daytime feeds, you might well find night time feeds somewhat less frequent.
- ♥ It is important not to take baby off your breast before baby is good and ready, so that they can have the benefit of the whole cycle i.e. fore and hind milk.



What makes the perfect nursing bra?

It is estimated that 75% of women (non pregnant) wear the wrong size bra and that this percentage in pregnancy and nursing women is even higher! As early as 6 weeks into pregnancy; your breasts will start to become larger in preparation for nursing and from around 12 weeks, your rib cage will expand increasing your chest band size.

On average, most women will increase one or two cup sizes and at least 1 chest band size.

Flexibility and adjustability are therefore key elements in maternity and nursing bra design.

Support and comfort

Support and comfort go hand in hand. The primary areas of support are construction of the cup, shoulder straps and chest band. Wide shoulder straps and chest bands should have minimum elasticity and the cups should be flexible and non-rigid i.e. allowing breast to "grow" yet still maintain support. Under wire bras are not recommended by many lactation specialists as these can lead to breast infections and in some cases mastitis.

Flexibility function & convenience

"Breast size can vary as much as 2 cup sizes between nursing's."

The bras ability to adjust in both cup size and chest band is imperative for a comfortable and functional nursing bra. All adjustable Carriwell bras come with free bra extenders for maximum chest width adjustability and the unique elasticity in the cup area perfectly accommodates changing breast sizes. One-handed nursing is most important for nursing moms.

i.e. the ability to lower the bra cup with one hand whilst holding baby. Maximizing skin-to-skin contact between mom and baby during nursing is extremely important, this is best achieved through a drop cup nursing bra which allows maximum breast exposure, when the outer layer is dropped down, without compromising support.

Carriwell bras discreetly hold nursing breast pads, whether silk, cotton or wool.

Holding breasts pads in place is an important psychological issue which leads to confidence and self-assurance.

Design, style and quality

Breast milk leakage is an unfortunate reality of nursing and the quality, wash and durability of nursing bras is very important. All white Carriwell bras can be washed at 60 degrees and colours are recommended to be washed at 40 degrees.

It is also important that the bras maintain their shape and size throughout their life cycle, especially with regular washing. The combination of soft lace and micro fibre promotes air circulation/breathability and results in a comfortable and cool bra.

Our seamless range is Oekotex certified confirming our commitment to the environment. By focusing on these import issues reviewed above, Carriwell continues to create and develop nursing bras that focus on comfort, flexibility, support, style, design and the importance of skin-to-skin contact between mom and baby.

*Carrivell*TM
for your growing needs