

# Aeroflow Breastpumps

## Choosing A Nursing Bra

Choosing a nursing bra can be an overwhelming task with all the options available. You may notice the need for a new bra as your breasts take on a new shape during pregnancy. Once your breastfeeding journey begins, you'll want quick and easy access to the breast to allow you to feed your baby with ease. There are many different types and brands of nursing bras available, so when choosing which one to purchase, there are a few key factors to consider.

### Fit

Most moms notice breast changes during pregnancy and in the immediate postpartum period. If you're purchasing a nursing bra during pregnancy, it is recommended to purchase one size larger than your size in pregnancy. Most brands have sizing charts specific to their products. These should be reviewed prior to purchasing. Sizing can be inconsistent from brand to brand. The ideal nursing bra is supportive, but comfortable and not too tight. Breast size can change around the time your milk supply regulates (6-12 weeks postpartum).<sup>1</sup> You may need to reassess your bra size as time goes on.

### Functions and Features

Nursing bras are available with several different features. There are two different types of bras that tend to be most common.

1. Nursing bras with drop down cups. These bras have a clasp feature allowing you to unhook the fabric covering your breast. The fabric can then be pulled down, providing easy access for nursing.
2. Nursing bras with deep V's. These are usually made of a stretchy material. This allows you to pull the fabric to the side for easy nursing.

Additional items to consider:

- Wiring: Underwire can compress milk ducts leading to poor milk removal. If this happens frequently, it could lead to clogged ducts and mastitis. If you do choose a bra with underwire, ensure it is not too tight around the breast.
- Pumping ability: Some nursing bras can double as a pumping bra by holding flanges in place. This allows you to pump hands free. If you have a wearable pump such as the

Motif Aura or Willow, you will want to make sure the bra can accommodate these pumps while still being supportive.

- Price point: There are bras available at many different price points. It's worth it to shop around and find what works best for you! Splurging on a nice nursing bra can feel really great, but it's also okay to opt for a more budget friendly option.
- Coverage: Some brands make nursing tank tops that provide coverage of the torso. This can make some moms feel more confident breastfeeding in public or around family and friends.<sup>2</sup>

### **What If I Have Questions?**

If you are interested in learning more, these Aeroflow classes expand on some of the topics discussed above:

- Ultimate Breastfeeding Prep
- Pumping 101

To register for these classes, log into your portal or click [here](#).

### **Want More Info?**

For a directory of Aeroflow's other Care Guides offering information on pregnancy, baby care, and more, browse our comprehensive list of titles:

<https://www.hersourcehealth.com/aeroflow-care-guides/>

### **References**

1. [https://doi.org/10.1007/978-3-030-41596-9\\_1](https://doi.org/10.1007/978-3-030-41596-9_1)
2. [https://idjournals.ekb.eg/article\\_84138.html](https://idjournals.ekb.eg/article_84138.html)