

MATERNITY BRA ADVICE AND INFORMATION GUIDE

During and after pregnancy your body changes dramatically. Your breasts become enlarged, heavier and more sensitive. Throughout your pregnancy, and while you are nursing, it is really important to make sure you wear a bra that fits properly. This is even more important for those of us who are blessed with a large bust.

A bra that fits well will increase your comfort, decrease fatigue and ensure your breasts are supported. It will also help prevent irreversible breast damage. During your pregnancy, your body changes rapidly and you may find you need to purchase several bras to ensure that you are comfortable and well supported. It is not a good idea to buy a bra that allows extra room for growth. This bra would have wrinkles in the cup, and would not provide you with sufficient support, which may lead to irreversible breast damage, not to mention discomfort!

Tips for Choosing Maternity Lingerie

- Ensure your bra provides you with both comfort and support.
- Consider the size carefully. Remember, you may need to go up at least one cup size.
- Make sure the back strap is not too tight.
- Make sure the shoulder straps are supportive and do not dig in.
- Keep in mind that you may need to purchase several bras during your pregnancy.

Tips for Choosing Nursing Lingerie

- Select a nursing bra in the final weeks of your pregnancy.
- Choose a bra which:
 - Has cups that can be opened with one hand
 - Allows skin-to-skin contact with your baby.
- Consider buying several bras so you can wear a fresh one everyday.