

Nursing-Friendly Togs

a tips-sheet for parents



A Guide To:

Selecting Suitable
Clothing For
Breastfeeding
Out & About



www.linked-up.org.uk

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Linked-Up: Tips-Sheets: Nursing-friendly Togs-Tips

Hoping to get out & about with your new baby? Want to feel as confident as possible about breastfeeding on-the-go? Well, before you go & spend loads of money on clothes...here are some tips from experienced nursing mums:

Clothes that work:

- Any tops that unbutton from the bottom
- Stretchy tops that pull-up
- Skirt/trousers with top + jacket / wrap if you're going somewhere special
- Specially-designed tops to cover your tum while feeding
- Bras – get ones with lift-down cups that you can manage to undo with each hand on its own. If you find a design that suits you (always make sure cups aren't tight to avoid blocked milk ducts & mastitis) get a couple the same design if possible. (Underwired are not recommended as the wiring can press into milk ducts)

Keeping Things Under Wraps:

- Jackets, shirts (over a vest-top) & cardis will cover almost anything
- Large scarves / wraps that you can drape from your shoulder

- An infant sling / carrier can disguise / obscure the action!

How about coping with leaks?

- Patterned fabrics show up less than plain
- Darker colours are better than light. Enjoy!

If your budget is tight, why not have a look through the [Boost-Boutique 'Collections'!](#)?



BREASTFEEDING

Top 5 reasons babies breastfeed

- THIRST:** Babies ask to breastfeed when they are thirsty.
- HUNGER:** Babies ask to breastfeed when they are hungry.
- LOVE:** Babies ask to breastfeed if they feel the need for comfort, affection, and eye contact.
- RELAXATION:** Babies ask to breastfeed to help them relax, wind down, or sleep.
- DEVELOPMENT & IMMUNITIES:** Babies ask to breastfeed if they need the milk's components to grow, thrive, protect their intestinal and immune systems, or recover from illness.

It's not just about the milk!

- Thirst & Hunger
- Love & Affection
- Immune Defense

More reasons to breastfeed

- Promotes postpartum recovery & delayed ovulation
- Lowers incidence of reproductive cancers & cardiovascular disease
- Promotes better sleep & improves emotional health

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Linked-Up is a small charitable organisation based in South Warwickshire offering practical help for new mothers of preterm (or low-birthweight) babies, mothers who have experienced an emergency Caesarian and mothers who are hoping to carry on nursing their babies at home & out-and-about

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Disclaimer:

We hope you find the 'Linked-Up 'Tips' useful, but please be aware they are intended only as a general guide & source of generic information. Please contact your midwife or health visitor regarding specific issues relating to your own individual situation.