



## Sister Lilian Report Seamless Nursing Bra

**Sister Lilian, leading pregnancy and parenting advisor and author, writes about changes to a nursing woman's breasts, the need for the best support possible and the therapeutic and practical use and modern appeal of the seamless drop cup nursing bra.**

Nursing one's baby is one of the most emotional experiences of a woman's life. These emotions can be extremely fulfilling or pose constant stressful challenges to a new mom. There are a host of practical considerations and discovery and acceptance of a new relationship to her own body. She needs all the support she can get, both from those around her and her feeding bra, to enjoy and do best in this important phase of her mothering.

Carriwell's seamless drop cup bra is the natural choice for women who have worn the seamless maternity bra in pregnancy. It is made from the same innovative, stretch fabric and core elements of design are the same. Nursing requires a number of special features in a bra, however, and Carriwell's seamless drop cup bra meets all of these.

As in pregnancy, and indeed throughout a woman's reproductive cycle of life, hormonal changes affect breast tissue. Giving birth and early latching and suckling at the breast trigger an entirely new phase in hormonal ebb and flow, and a surge of activity governed by this occurs in the mammary gland tissue. Interestingly, this is driven and dictated by baby's suckling and individual needs, making it a very unique affair between a mother and her newborn.

All hormonal change of this kind comes with new physical and practical challenge. Breast tissue will enlarge once again for many women and breasts will mostly feel heavier and fuller. As mother's milk comes in from about the third day after birth, breasts usually become taut and tender. Correct nursing technique and regular use of a specially designed feeding bra ensure that these changes are not overly uncomfortable. The converse is unfortunately also true and if one does not allow baby to feed freely as needed, or one wears a bra that restricts and pinches breast tissue or is the incorrect size, fullness and slight tenderness may progress to rock-hard, engorged breast issue, extreme pain and a poor nursing experience. A vicious cycle is then set in motion, with baby not able to latch and empty breasts effectively, and this leading to further engorgement, blocked milk ducts and possibly even breast infections.

A nursing bra needs to make feeding a small baby safe, easy and enjoyable. This the Carriwell seamless drop cup bra achieves on all scores. While cradling baby securely in one arm, mom can easily detach the hook situated on the shoulder strap with the other hand. The cup is then easily and discreetly lowered to expose sufficient breast tissue surrounding the areola. This allows baby to latch and suckle comfortably without being impeded by the fabric of the bra. Once baby has suckled sufficiently from one breast, mom can easily clip that cup back into the hook, again using only one hand. Should baby need to feed from the other side, mom now simply repeats the procedure on that side. Carriwell's seamless drop cup nursing bra allows mom to settle back and enjoy feeding her baby. No need to struggle to expose breast tissue, no anxiety that baby will be dropped while one fumbles to release one's breast from the cup. Carriwell's garments all take ease of operation as an essential element of design.

Starting life with a baby is one of the busiest phases for mothers and in a single day, she twists and turns her upper body, reaches and bends, more than ever before. A nursing bra needs to accommodate this as it will be worn throughout the day, and preferably at night too. Just as for the Carriwell maternity bra, innovative use of ribbed fabric where stretching and firm, yet gentle control is required, for instance under, between and above the breasts, sets this garment apart from most nursing bras. The special stretch properties of the soft micro fibre fabric sets this bra apart in the comfort area, ensuring that when breasts are heavy with milk, excellent support and stretch are provided. The chest band is wide to ensure a snug yet comfortable fit, and a single upper band that allows for greater stretch close to the under-swell of the breasts, which is especially marked in the early weeks of nursing. This unique Carriwell design keeps the chest band from curling uncomfortably and unattractively. The straps are attractively satin-like on the inside to prevent discomfort from the increased weight of the breasts and are just broad enough to not curl painfully.

Most new mothers wish to nurse their babies discreetly, and yet not be excluded from company. This drop cup bra makes this eminently possible. It's use will be enhanced with wearing of the Carriwell Kaj nursing T-shirt too, ensuring that moms can meet their babies feeding needs while still able to be out and about and socialise.

Carriwell's seamless drop cup nursing bra has the added feature of a bra back-strap extender option which can easily be inserted by clipping on, should one find one's under-breast measurement needing this. Many women find this very handy until they regain their pre-pregnancy figure, which can take a number of months, just as the curves of pregnancy took quite a while to accumulate! This nursing bra has no labels to interrupt the as the curves of pregnancy took quite a while to accumulate! This nursing bra has no labels to interrupt the seamless design and irritate delicate skin. All of this in a practical, machine-washable garment!

The weight of breasts increases by up to 450g in pregnancy – quite a lot, actually! Many women appreciate these generous curves while some are quite distressed by this phenomenon. This occurs as Mother Nature develops the mammary glands for breastfeeding, although fatty tissue also increases. One should adapt the size of the bra as one's breasts change shape, although it is seldom necessary to purchase more than one cup size larger than normal and from fifteen to twenty weeks, breast size mostly settles.

Support of breast tissue is an important requirement for a good nursing bra, partially because the breasts are heavier, but also due to the hormonal relaxing and stretching and baby's vigorous suckling. Fabric needs to offer lift and hold, while allowing for mobility and softness. Carriwell's design achieves this perfectly, primarily due to the innovative stretch of the fabric, but also due to the clever panelling and stitching. This is achieved while offering a modern and desirable design, which is also a significant requirement at this emotionally sensitive time in a woman's life.

Self-esteem improves tremendously when a woman feels good about the silhouette of her body, and the simple but trendy lines of this nursing bra ensure that nursing moms do not lose touch with the woman inside! As a spin-off benefit, this confidence leads to an improved breastfeeding experience.

Make sure to use Carriwell's easy guidelines for choosing the correct size bra, both in pregnancy and while breastfeeding your baby.