



## Find your breastfeeding style with MilkChic

MilkChic finds stylish, breastfeeding-friendly clothes from high street brands, helping you to look good & feel confident wherever you are. What's your style?

### Pull down:



Look for:

- \* Button down fronts
- \* Wrap/crossover necks
- \* Stretch fabric
- \* Loose necklines

Any top that pulls down enough to uncover one breast will work.

### Sleeve feed:



Look for:

- \* Batwings (no cuffs)
- \* Wide flared sleeves
- \* Kimono sleeves

Sleeves need to stretch to your nipple when feeding. Wide armholes are needed for ease of movement

### Lift up:



Look for:

- \* Loose tops
- \* Smock styling
- \* Stretchy empire lines

Any top that can be lifted to above the nipple will work. This does limit you to tops with skirts or trousers

**For more clothing ideas and videos of these techniques, visit:**

**UK: [www.milkchic.co.uk](http://www.milkchic.co.uk) USA: [www.milkchic.net](http://www.milkchic.net)**

# Breastfeeding with confidence

Breastfeeding in public can be daunting for new mums. If you prefer to cover up, nursing vests can give you a confidence boost and extend your breastfeeding wardrobe. If lift up feeding is your style, belly bands cover up a mummy tummy without adding bulk.

You can buy nursing vests but a lot of them are overcomplicated. It can be stressful enough trying to calm a hungry baby without having to fiddle with extra clips! It is very simple to make your own version from a normal vest top.

## Make your own nursing vest

This vest has 2 access vents under the bust and looks a little strange at first glance but is incredibly versatile. It works for all feeding styles and goes under most clothes.

### 1. Buy a vest top with a neckline you like.

If you are big busted and need to wear a fuller cupped bra than you are used to, you may want a slightly higher neckline to ensure your bra is covered.

### 2. Measure up

Wearing the vest top without a bra, mark a point about 7.5cm / 3" below the nipple. Cutting below the nipple line gives extra fabric to cover your breast while baby latches.

**3. Cut 2 curved slits as pictured.** The centre part of the curve should be at the line marked in step 2. The uncut section in the middle should be at least 5cm / 2" wide.

**4. Finish the cut edges neatly (if required).** This is not necessary for a functional nursing vest as most jersey fabric will not fray.

