

# 10 BREASTFEEDING HACKS

[www.MommysBundle.com](http://www.MommysBundle.com)

1

## **NURSING TOP**

Layer shirts so you can breastfeed easily without exposing your stomach or breast.

2

## **SCARF COVER**

For easy access, use an infinity scarf as a nursing cover you'll always have handy.

3

## **HAIR BAND**

Wear a hair band on your wrist during breastfeeding to keep track of which breast you last nursed from.

4

## **NURSING PADS**

Insert nursing pads in your bra to prevent embarrassing leaks.

5

## **MILK SAVERS**

Wear milk savers in your bra during breastfeeding to catch any access milk during letdown - save for bottle feeding!

6

## **SODA BOXES**

Use soda can boxes instead of storage bins to easily store breast milk in fridge/freezer.

7

## **CABBAGE LEAVES**

Use cabbage leaves as a homemade remedy to relieve painful, engorged breasts.

8

## **TEETHING NECKLACE**

Wear a teething necklace for baby to grab while breastfeeding so they don't pinch you.

9

## **DIY PUMPING BRA**

Make your own pumping bra using a sports bra and scissors for hands-free affordable pumping.

10

## **NURSING SMOOTHIE**

Make a delicious, nutritious smoothie to help increase your milk supply naturally.