



Infant Feeding Product Guide

Welcome to our first ever infant feeding guide. Drawing on my own personal experience feeding 6 babies and supporting thousands of women in feeding their babies, we asked the Leakies for their input on what products, tips, and resources helped them in their infant feeding journey and put together this guide to help you in your own journey. This isn't an exhaustive list, really just some highlights to get you started and while we don't think there's such thing as any one "best" anything, we hope to help you figure out what works best for you. Whatever your journey in feeding your baby, take each step confidently knowing that you are the best person for feeding your baby. You've got this and we're honored to support you along the way.

~Jessica Martin-Weber
Founder, TheLeakyBoob.com

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Breastfeeding

When it comes right down to it, all most moms really need for breastfeeding is a lactating breast or two and the baby. But there are some products that can make it more comfortable, a little easier, or possible for your lifestyle needs.



- a. Ardo Calypso Double Plus Breastpump
- b. Earth Mama Angel Baby Nipple Butter
- c. Nursing Bras Express Pads
- d. Lansinoh Disposable Nursing Pads
- e. Fairhaven Health Milkies Milk Savers
- f. Bamboobies Breast Pads
- g. Ameda Purely Yours Pump
- h. Lily Padz Silicone Pads
- i. Kiinde Twist System
- j. Evenflo Advanced Double Electric Breast Pump



Calypso Double Plus Breast Pump {Ardo}

Whisperingly quiet, a total of 64 vacuum and speed settings, flanges in 3 sizes, and massage inserts, this Swiss-made pump is surprisingly comfortable and comes with a comprehensive warranty of 400 hours (or a year). A reliable pump for the mom who needs to pump several times a day.



Pads {Nursing Bra Express}

Shaped for the breast, trim, and soft, these breast pads are ideal for the light leaker and you'll never have to worry about them sticking to your nipple. The seamless designs makes them disappear under clothing.



Nipple Butter {Earth Mama Angel Baby}

Find relief and healing for your nipples (and chapped cheeks, cuticles, dry elbows, you name it!) with this nipple butter that is so safe you won't need to wipe it off before feeding baby. This clinically tested soothing balm developed by an RN herbalist isn't sticky and the toxin-free formula is trusted even with the most fragile babies in some hospital NICUs.

Coupon Code: *"Leakyboob20" for 20% off regular orders (no gift sets or bundles)*



Disposable Breast Pads {Lansinoh}

Cottony and quilted, these absorbent breast pads are trim enough to not be obvious even with your favorite t-shirt bra. Keep them from slipping about with an adhesive strip and they'll stay clean even in the diaper bag thanks to their individual wrapping.



Milkies Milk Savers

{Fairhaven Health}

When one side lets down while you're feeding your baby on the other, collect the liquid gold to use for later. BPA free, slim for discreet use, and with a protective case that doubles as a carrier, don't waste another drop of your breastmilk.

Coupon Code: "leakyboob" for 10% OFF



Breast Pads

{Bamboobies}

As soft as a cloud and can hold just as much liquid, these reusable pads prevent leaks with an effective backing. The heart shape design isn't just to be cute, it allows the pad to contour to your unique breast shape without buckling. The thicker overnight pads can last the night.



Purely Yours Pump

{Ameda}

Custom control for speed and suction allows you to select the best levels for your personal comfort and flow and to create your own multi-phase pumping experience. A closed system means your milk has no chance of getting into the the pump and with 7 flange sizes available, you're sure to find the right fit.

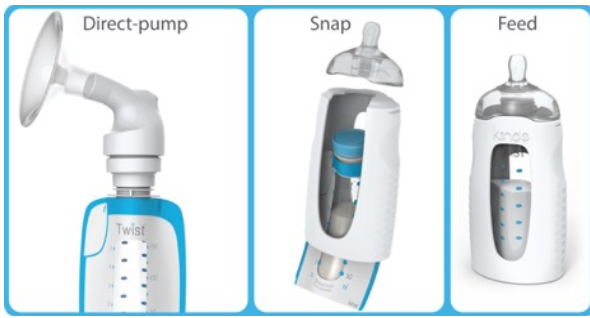


Silicone Pads

{Lily Padz}

Designed to keep the breast from leaking, these silicone pads work by applying just enough pressure to stop your milk from letting down. After the first couple of weeks, these little pads work so milk stays in your breast.

Coupon Code: TLBPADZ for 10% OFF the total purchase



Twist System {Kiinde}

Pump directly from any pump with this leak proof twist locking system that makes it easy to organize, store, warm, and if your baby likes the included nipple, feed without ever having to transfer your milk.

Coupon Code: [TGTLB6 for \\$20 off the complete Twist Gift Set \(and 50% off shipping\)](#)



Advanced Double Electric Breast Pump {Evenflo}

Compact and affordable, this portable closed-system pump, while a little noisy, is a trustworthy tool. With 3 different flange sizes, 32 customizable speed and suction settings, finding a comfortable fit and setting is as easy as getting support from their customer service and lactation support which comes with the pump. A dependable pump for the working mom or donating mom who pumps a few times a week to 2 times a day.

Leaky Tips

Get the Wonder Weeks App on your phone, it doesn't have all the answers but you can see what's totally normal for their developmental stage. ~Ashley

Get a comfortable chair, like a La-Z-boy, make sure you sit in it. Put it wherever you'll be feeding the most and stock it with everything you need in easy reach. Don't worry about matching your nursery, think about how you'll be sitting in it all the time. ~Brandy

Follow your baby's lead and as long as they have plenty of wet diapers and are developing normally, enjoy. Stay in bed with your baby right there on your chest and breathe deep. It goes fast. ~Jessica

Ask for help sooner rather than later. ~Kate

Helpful Links

Find out what normal newborn behavior looks like and why, [here](#).

Breastfeeding after c-section support [here](#).

Talking about [latch](#).

The whys and hows of [hand expression](#).

Pumping, what you need to know for:
[choosing a breast pump](#)
[getting started pumping](#)
[pumping for work or exclusively pumping and weaning off the pump](#)
[how to make pumping more comfortable](#)
[pumping breaks federal laws by state for working moms](#)

Do you have a reason to be concerned about low milk supply? Before you worry, check [here](#).

Bottle- Feeding

Bottle-feeding can seem straightforward but with all the marketing lingo, it is easy to be overwhelmed. There's no "best" option, just the best option for you and your baby. The number one rule in supporting families in their infant feeding journey is "feed the baby," fed is best and whatever tools help you do that are the right ones for you.



- a. Handi-Craft Co. Dr Brown's Natural Flow Bottle b. 5 Phases Glass Bottles
c. FairHaven Milk Trays d. ThinkBaby- All-in-one Bottle Feeding Set e. Kiinde Kozii
f. Pura Stainless Pura Kiki g. OrganicKidz Stainless Steel Bottles
h. Innobaby Bottle Warmer



Natural Flow Bottle

{Dr. Brown's}

Vented flow design helps with paced flow feeding for the caregiver to follow baby's lead. Some babies have an improved digestive experience with this bottle design and the bottles fit most breast pumps. Able to remove the vent as needed according to baby's growing needs.



Milk Tray

{Fairhaven Health}

Freeze your breastmilk in 1 ounce increments so you defrost directly in the bottle of your choice and use only what you need for a feed. BPA-free, save storage space and avoid breastmilk waste with these easy to use trays.

Coupon Code: "leakyboob" for 10% OFF



Glass Bottles

{5 Phases}

An innovative glass bottle design with a protective BPA-free plastic sleeve. Vented silicone nipples, removable glass insert, and reusable beyond the bottle-feeding stage.

Coupon Code: "TLB10"



All-in-one Bottle feeding set

{ThinkBaby}

This set includes everything for bottle, sippy with handles, and straw top options from 0-4+ years with a nipple design that depends on baby's suction. Leak proof, these BPA/ pthalates/lead/PVC/PET- free bottles offer options depending on the needs of your little one.



Kozii

{Kiinde}

Developed by two dads who wanted a faster, safer option for warming up breastmilk without damaging the molecular structure of the milk when mom was at work. The innovative and easy-to-use design follows the CDC and USDA guidelines of warm flowing water to heat breastmilk.



Pura Kiki

{Pura Stainless}

Completely plastic free, this stainless steel bottle grows with your baby. Compatible with many other bottle nipple brands, find what works for your baby and move on to sippy tops and eventually water bottles when your child is ready.



Stainless Steel

Bottles {OrganicKidz}

Scratch resistant, durable stainless steel bottles that transition with your babe from baby bottle to sippy cup, to water bottle. The thermal bottle will keep contents hot or cold for more than 6 hours and fits most breast pumps. Both narrow neck and wide neck options.

Coupon Code: [“LeakiesGet25” for a 25% discount at checkout on our website](#)



Bottle Warmer

{Innobaby}

Versatile and useful long beyond the baby stage, this bottle and food warmer is a safe, portable option that doesn't require batteries, electricity, or microwave. Safely heat breastmilk, formula, or food on the go.

Leaky Tips

When my baby refused a bottle when I was at work, we found that warming up the nipple itself by running it under warm water before using it would help our baby accept it. ~Krista

Knowing about how big my baby's stomach was helped me relax about how much he was eating, they're smaller than you think! ~ Amanda

Wide nipple base may not work for your breastfed baby, it has to be something they can manage and I'm not sure I could flare my lips around some of the wide based nipples we tried! ~Rebecca

Having the formula in completely divided compartments in the diaper bag meant my daughter was getting only exactly what she was supposed to each time. ~Jenna

Invest in a good bottle brush that works for the bottles you use and get a drying rack. You'll wash a lot of bottles, a lot, a lot, a lot of bottles. ~Shannon

Don't buy a bunch of bottles, wait and see what type your child prefers. ~Sharon

Helpful Links

Learn how to follow your baby's cues with bottle-feeding [here](#).

[Tips](#) for how to offer your baby a bottle.

How nipple shape plays into bottle-feeding explained [here](#).

[Bottle-feeding for breastfed babies](#).

Breastfeeding and bottle-feeding, does it have to be [all or nothing](#) and the [risks either way](#).

[Nipple confusion, bottle feeding, and alternative options](#).

How to make an educated formula selection for your baby, information [here](#).

Click [here](#) for a funny look at what bottles would look like if they were indeed most like mom.

Introducing Solids

Those early weeks and months feel like they stretch on forever and your baby will never be eating solids. But then, before you know it, it's time for those first foods. An exciting time to share with your baby, introducing solids is a whole new adventure in feeding. With a plethora of products available to help make that adventure an enjoyable experience, simplified journey, and maybe a little easier to rule in supporting families in their infant feeding journey is “feed the baby”, fed is best and whatever tools help you do that are the right ones for you.

a.



b.



c.



d.



e.



f.



g.



[a. Make My Day Bibs](#) [b. Sugarbooger Baby Deer Classic Construction Feeding Set](#)
[c. FairHaven- Food Trays](#) [d. Squooshi Starter Kit](#) [e. Kiddologic Bibit-All](#)
[f. Oogaa Divided Plate](#) [g. RePlay Divided Plate and Utensils First Food Set](#)



Bibs

{Make My Day}

Imagination and meal time can go hand in hand and with these sturdy silicone bibs, the clean up can be charming too. Whether a dapper gentleman in a tux, a lovely lady with pearls, a little guy in suspenders and a bow tie, exploring solid food is safe with a pocket to catch the crumbs and a bib that wipes off easily.



Food Trays

{Fairhaven Health}

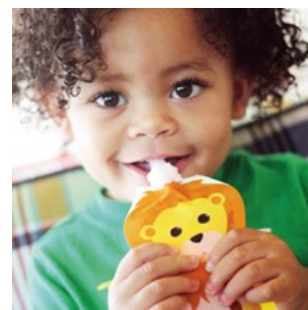
Along the lines of the Milk Trays, these food trays simplify freezing homemade baby food in 1 ounce increments for easy use to use only what you need. Customize to your baby's tastes and nutrition needs with big batch prep ready to go in the freezer.

Coupon Code: "leakyboob" for 10% OFF



Baby Deer Classic Construction Feeding Set {Sugarbooger}

All the cute with this adorable coordinating feeding set. Suction base segmented plate and covered bowl, two handle sippy cup, stainless steel and plastic silverware in a handy carrying case, and two nylon bibs. Add the matching splat mat and lunch sack and feeding time is a delightful romp with some of your favorite forest friends that gives you more time for playing thanks to easy clean up.



Starter Kit

{Squooshi}

Food is more fun with friends! Perfect for on the go, these reusable pouches for squeezable feeding feature adorable animal characters inviting your little one to see solids as a fun. Available in two sizes with sealing caps, soft sip tops, and content date labels.



Bibit-All {Kiddologic}

You can expect a mess with introducing solids, more than a bib, the Bibit-All has your baby covered! Made with high quality materials that are soft and water resistant, clean up will be a snap.

Coupon Code: ["bibitall20TLB" for 20% off](#)



Divided Plate and Utensils First Food Set {Replay}

Eat from a rainbow! Made from recycled milk jugs and free of BPA and phthalates, these brightly colored plates and utensils hold up to whatever your little eater throws at them and last for a good long time. The divided plate makes it safe for finicky eaters to enjoy a variety of food without anything touching.



Divided Plate {Oogaa}

Oven safe, microwave safe silicone dishes that won't chip, break, or startle anyone when they are thrown fall, are safe enough to be chewed on, durable enough to be washed on the bottom rack of the dishwasher, and stackable for storage.

Coupon Code: ["OOGAALOVE" for 20% off](#)

Leaky Tips

Try feeding baby in a laundry basket if you're doing baby-led solids, it's way easier to clean up than the high chair! ~Heather and Rebecca

If you make your own baby food, make a large batch one day every few weeks and freeze in small amounts and just defrost what you need to reduce waste.
~Jennifer

Don't worry if they don't eat much, they're getting everything they need from milk still! ~Kyrsten

Introduce a new food earlier in the day, not for dinner. That way if they have a reaction or an uncomfortable tummy it's not disturbing their night sleep. ~Rebecca Michi, Children's Sleep Consultant

Helpful Links

Lots of links to info for starting solids, [here](#).

A sample schedule for introducing solids, [here](#).

An integrated feeding guide for the whole family to [get you started](#).

Pros and cons between jarred baby food and homemade, you decide [what works for you](#).

Baby led solids or purees? [Do you have to choose?](#)

[First solids and beyond](#), food you can make that your kids will eat.

On-The-Go

Here, there, and everywhere, baby's got to eat! Feeding doesn't always happen at set times and being prepared to feed while out and about can help you feel more confident in your parenting and more relaxed in the moment. We suggest you keep it simple and find what works for you. Here are a few special items that, depending on your lifestyle and needs, could make getting out nothing to fret about.

a.



b.



c.



d.



e.



f.



- a. [Nurse Purse Pump Bag](#) b. [Monkey Mat](#) c. [Sarah Wells Breast Pump Bags](#)
d. [Itzy Ritzy Infinity Nursing Scarf](#) e. [Peek Away 4-in 1 Essentials Nursing Kit](#)
f. [Innobaby Packin' Smart](#)



Pump Bag {Nurse Purse}

If you need to take your pump with you finding a bag that helps you do so comfortably can make lugging it around more attractive. With room for your pump, cooler, and space for personal items including a laptop, moms taking their breast pump on the go can still feel stylish with fashionable prints and a wipeable bag that has form as well as function covered.

Coupon Code: [“TLB20” for 20% off on our website](#)



Breast Pump Bags {Sarah Wells}

There's practicality with a fashionable edge in this bag. With a designated spot for everything you may need including your breast pump, this beautiful bag can go from a play date to a day at the office to date night in a snap.

Coupon Code: [“TDR3C9S” for 10% off ANY Sarah Wells Breast Pump Bag on amazon.com through 7/31/2016 at 11:59pm ET.](#)



Monkey Mat

Versatility and practicality come together in this mom designed mat. From your dining room to a picnic out, this lightweight splat mat is easy to clean and big enough to cover as far as your baby can toss their oatmeal.

Coupon Code: [“BOOB5” for \\$5 off](#)



Infinity Nursing Scarf {Itzy Ritzy}

Whatever print you favor, the extra wide panel makes getting the coverage that works best for you possible. Breastfeeding pairs experienced with latching easily will find this scarf lightweight so you and baby don't overheat, some prints are softer than others (we're fans of the stripes) and all of them wash very well.

Coupon Code: [“TLB15” for 15% off](#)



4- in 1 Essentials Nursing Kit {Peakaway}

Don't go without the comfort and support you need in feeding your little one when you're away from the house with this nursing cover, diaper changing pad, nursing pillow, diaper clutch all in one. Developed by a breastfeeding mom and health care provider with the needs of real breastfeeding moms in mind.

Coupon Code: "onthego" for 50% off



Packin' Smart {Innobaby}

All-in-One Storage Solution great for the diaper bag to store formula, snacks, vitamins, candies, crafts and much more. With secure click interlocking design makes opening and stacking separate containers a breeze. Individual dispensing lid to pour out contents without the mess.

Leaky Tips

If you're breastfeeding and nervous about how much you are exposing, try the double layer method (like a nursing tank on the bottom, a regular shirt on top) and lift the top layer, lower the bottom layer and practice in front of the mirror to see how much you really show. ~Jessica

Separate zipper pouches in your bag, pack them by theme so everything is easy to find. ~Suzie

Don't forget to feed you on the go too, a hungry mommy is a grumpy mommy. ~Alisha

When you're away from home it is easy for baby to be distracted, help her focus with something she only gets to see away from home like a chew necklace. ~Abby

Helpful Links

Planning on breastfeeding in public? Here's [a humorous look](#) at how to handle that.

How is breastfeeding in public different from urinating in public? Check out [this break down](#).

We're in public and my baby is hungry, [now what?](#)

[Video](#) of the layered method for belly coverage when breastfeeding in public.

Breastfeeding in a soft structured carrier with [video](#) and bullet point tips.

[7 day E-course](#) for breastfeeding in public to help you get comfortable and figure out what works for you.

Feeding Accessories

Getting beyond the boobs and bottles aspects of feeding our babies, having some items that support the journey either physically or emotionally can go a long way. From pillows to jewelry, bags to pumping bras, it's more than just something nice, it can be a confidence boost. more relaxed in the moment. We suggest you keep it simple and find what works for you. Here are a few special items that, depending on your lifestyle and needs, could make getting out nothing to fret about.

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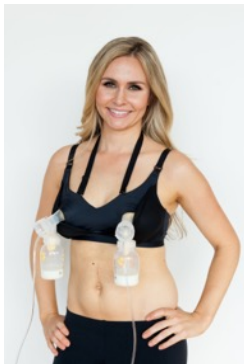
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- a. [Ergobaby Nursing Pillow](#) b. [Baby Bee Hummingbird Blessing Beads](#)
c. [Snugabell Pump Ease Bra](#) d. [Chompy Chic Chewlery Nursing Necklaces](#)
e. [LactaMed Hands Free Bra kit](#) f. [Dr. Brown's Nursing Pillow](#) g. [LatchPal Breastfeeding Clip](#)
h. [Simple Wishes Supermom Bra](#) i. [Evenflo Milk Storage Bags](#)
j. [Shuga Bebe Coutour Nursing Pillow](#)



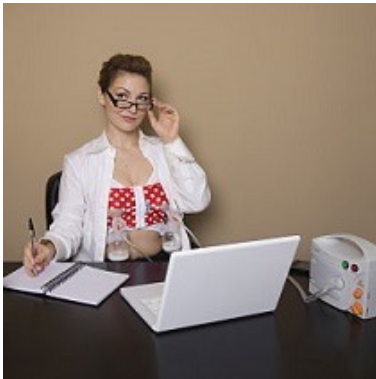
Nursing Pillow {Ergo}

Uniquely designed with curved contouring to help position baby in an ideal tummy-to-tummy position that offers firm lasting support to nurse comfortably as well as comfortable bottle-feeding support.



Blessing Beads {Baby Bee Hummingbird}

Commemorate your parenting journey with this unique, customized keepsake handcrafted according to your specifications from BreastMilk, Formula, Baby's First Curl, Cord Stump or other option. Lasting long past the feeding stage, Blessing Beads honor you and your journey for what it means to you.



PumpEase Bra {Snugabell}

Keep this hands-free-pumping support bra in your pump bag so every time you hook up you can have your hands free to multitask knowing that not watching your output can lead to expressing even more milk. Hook and eye closure and with just enough stretch to hug you and fit any flange size, simple to use and washable.

Coupon Code: ["TLBIFG50"](#) - Buy a PumpEase and get a second HALF PRICE



Chewlery Nursing Necklaces {Chompy Chic}

Featuring food grade silicone in designs that are stylish enough for mom and colors that are fun for baby, these nursing necklaces give baby a focal point during feeding times and help keep distraction to a minimum. Doubling as a teether, these necklaces can provide sore gums relief while being a fashion accessory for mom.

Coupon Code: ["LEAKYBOOB"](#) for 20% off



Hands Free Bra kit {LactaMed}

No matter what your budget, this hands-free-pumping support is within reach and the minimalist design leaves plenty of room for hands-on breast compressions which help more fully empty the breast. A short learning curve, the simple design is practical for pumping moms of all sizes.



Breastfeeding Clip {LatchPal}

One handed adjustment for quick access to the breast makes this handy little device a helpful tool for breastfeeding and pumping moms. Easily keep your top out of the way and a hand free.

Coupon Code: TLBGUIDE20- Get 20% off + free shipping. Offer redeemable at LatchPal.com until 8/1/2016



Nursing Pillow {Dr. Brown's}

Providing angled support that is particularly helpful for babes struggling with acid reflux, this pillow easily facilitates a variety of holds and positioning to accommodate very small to very large breastfeeding little ones.



Supermom Bra {Simple Wishes}

Find hands-free pumping support in this all in one bra that provides convenient access for breastfeeding and pumping that includes thin removable foam cups to achieve your preference in comfortable coverage.

Coupon Code: "TLB15" for 15% off any purchase



Milk Storage Bags {Evenflo}

A functional pour spout, bottom gussets for independent upright standing, two zipper tracks, these milk storage bags are made with 30% less materials for faster freezing of your precious milk.



Contour Nursing Pillow {Shuga Bebe}

The angled design of this pillow allows you to position it in such a way that you get the height and support you need to eliminate any hunching forward that can lead to pain and tension in the neck and shoulders.

Coupon Code: "LEAKY" It entitles the user to \$10.00 off all nursing pillows + Free Shipping (U.S. only)

Leaky Tips

It's ok to want to be comfortable and to look for convenience, parenting is hard and finding what helped make it easier or more fun made me a better parent. ~Julie

Set your boundaries with others, it's ok to say no or to ask someone to back off. ~Sherry

Comfort sucking is normal and in the early days can help boost a breastfeeding mom's supply. ~Christen

Try different positions for feeding and recline a little, can help both you and baby release tension, have a different perspective, and feel more comfortable. ~Kimberly

If you're going to be pumping, get to know how your pump works before your baby is born. ~Marcella

Helpful Links

Safely handle and store your expressed breastmilk, guidelines and tips [here](#).

Breastfeeding positions [video](#) to help you find what works for you.

Teething can be a pain for you and babe, [what to do?](#)

Ready to wean? That's ok, [we'll support you](#) in getting started.

Parenting is a life changing experience, honor and commemorate the journey with [these ideas](#).

Apparel

Some of your pre-baby clothes are going to work just fine but having boob out access is crucial if you're a breastfeeding mom. It's not too much to ask that they be practical and cute to boot. We looked for the most comfortable, fashionable, and practical breastfeeding apparel because we think moms deserve to look and feel good as they feed their little ones.

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- a. [The Dairy Fairy Arden Bra](#) b. [Naked Tank-Tank](#) c. [Figure 8 Maternity- Dress](#)
d. [Amamante Nursing Gown](#) e. [Undercover Mama Strapless camisole](#)
f. [Bravado Body Silk Seamless Nursing Bra](#) g. [Melinda G- Bra](#) h. [Glamourmom Nursing Top](#)
i. [Momzelle Nancy Nursing Top](#) j. [Rumina- Pump and Nurse Bra and Tank Collection](#)



Arden Bra {The Dairy Fairy}

Bras that provide breastfeeding access and pumping support can feel pretty right along with being functional. Surprisingly supportive with adjustable cups, no padding and covering a wide range of sizes, this bra meets the breastfeeding mom's changing needs for feeding.

Coupon Code: ["WeLoveLeakies" Leakies](#)
receive 15% discount



Dress {Figure 8 Maternity}

Shopping for maternity and nursing wear doesn't need to feel like a chore. Figure 8 Maternity has everything you need for that special time with styles for every unique taste and most budgets. With styles that don't announce their breastfeeding function, your wardrobe style won't be compromised.

Coupon Code: ["leakyboobfriends" for 10% off](#)



Tank {Naked Tank}

Turn your favorite tops into nursing tops with this open chest camisole that provides coverage for your midsection along with access to the breast for feeding purposes. For every body type and working with every bra style, the extra long length rocks the layered look.



Nursing Gown {Amamante}

So soft! Full coverage with all the necessary boob access plus a supportive sleep bra helps hold nursing pads in place for leaky moms. Wear this flattering and comfortable gown during pregnancy, right after birth, and for years to come.



Strapless camisole {Undercover Mama}

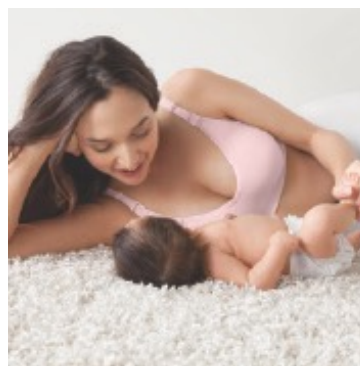
Turn your favorite bra into your favorite nursing cami with this ingeniously designed breastfeeding friendly layering option. Perfect transition wear, this piece is a breastfeeding mom staple for comfortable confidence in breastfeeding in public or in the privacy of their own home.



Smoothly Divine Soft-Cup Nursing Bra {Melinda G}

Pick what works for you with optional removable pads in this criss-cross neckline bra with seamless cups constructed to support without creating a uni-boob. Clips designed for one-handed use and wire-free but reinforced stitching for dependable support.

Coupon Code: *[“SD10TL” for 10% off discount](#)*



Body Silk Seamless Nursing Bra {Bravado}

Convert this comfortable nursing bra that molds to your shape into a regular bra once you're done breastfeeding with the included conversion kit. This design is not only flattering and supportive, it is so comfortable you'll forget you're wearing it.



Nursing Top {Glamourmom}

Long trusted by postpartum moms for breast support and access providing postpartum tummy coverage, these stylish tops work on their own or as a comfortable layering solution. With wide straps and adjustable chest band, these tops offer a wide variety of options for different body types.



Nancy Nursing Top {Momzelle}

The entire line of Momzelle styles are fashionable and flattering. This drape neck top doesn't scream nursing wear and the fabric is forgiving and so soft you'll think you're wearing pajamas without looking like it as these high quality styles last.



Pump and Nurse Bra and Tank Collection {Rumina}

Wire-free super support with access for breastfeeding and hands-free-pumping support. Seamless cup construction minimizes nipple and breast irritation. A full coverage layering option or on its own, the tank has you covered with comfortable support.

Coupon Code: "TLBGuide" for 20% Off + Free Shipping

Leaky Tips

Put baby in the bouncy seat and take a shower because you deserve a shower!
~Elizabeth

Invest in a few key pieces that work with what's already in your closet and remember if you like it you can still wear it when your baby isn't breastfeeding any more. ~Melissa

A few good nursing bras can handle the wear and tear that comes with feeding a baby, don't skimp! ~Hannah

Accessories just make everything more fun, get some you love to liven up your favorite tops and jeans. ~Kat

Helpful Links

It's ok to care about how you look if it makes you feel more you, it could be your [lifeline](#).

Need some boob out fashion inspiration? We've got some [Leaky Looks to help!](#)

How a [good bra fitting](#) can make a difference.

Mom Support

You've got this. No matter what comes your way in the journey of feeding your little ones, you're up for the challenge. For you to have the energy and resources to face whatever you need to face, be it rainbows and butterflies or overwhelming rough terrain, you need to take care of you. Your story matters and some day you'll be able to support forward and encourage others. For now, take care of you so you can take care of your precious little ones.

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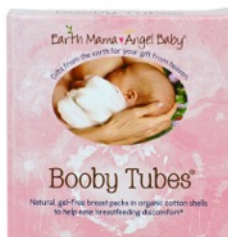
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a. Anna Naturals Nursing Mama Tea Instant Pods

b. MommyCon/Milk: An Infant Feeding Conference c. Pariday- TendHer Pillows d. Flora Iron

e. MilkMakers f. Lansinoh Thera Pearl Breast Therapy Packs

g. Birds and Bees Teas- Our Lady of La Leche Tea h. Earth Mama Booby Tubes

i. Body After Baby- Belly Support j. Adult Ddrops/Baby Ddrops



Nursing Mama Tea Instant Pods {Anna Naturals}

Compatible with all K-Cup brewers, this delicious tea blend incorporates rooibus, fenugreek, fruit, and citrus for a milk boosting cup of comfort. While most women just need to respond to their babies cues and be skin to skin with their little one, you can feel good drinking this tea just because and if you want to increase your milk supply.

Coupon Code: "LB20" for 20% off + free shipping



TendHer Pillows {Pariday}

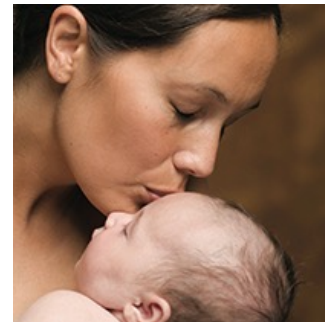
Reusable vegetarian food grade gel pads to use heated, cooled, or room temperature in their own soft pillowcase for soothing and healing. For nipple pain, breast engorgement, mastitis relief, and even breast tenderness with ovulation or menstruation, these pads provide the comfort you need.



MommyCon/Milk: An Infant Feeding Conference

Education, information sharing, support, and community with hundreds of other moms and some dads where you'll meet others to share in the journey. MommyCon travels all around the USA bringing moms together for fun and sharing focused on parenting. Milk, happening in Orange County, CA, November 2016, is an event that narrows in on infant feeding to facilitate an open information sharing dialogue between healthcare providers and families.

Coupon Code: "leakies" 10% off discount code for 2016



Iron {Flora}

Being tired is part of being a parent but ongoing fatigue could be a sign of something more. Iron deficiency is common amongst women in the postpartum stage, pregnancy and birth is hard on our bodies. This easily absorbed supplement is safe to take daily without worry of constipation or digestive upset.

Coupon: Go HERE to print a coupon



Lactation Cookies

{MilkMakers}

Have 36 homemade-like cookies delivered to your door every month and take care of you. And because these are specially formulated with high quality nutritious ingredients known for helping women produce more breastmilk, you don't even have to share.



Our Lady of La Leche Tea

{Birds and Bees Tea}

Little is as soothing and comforting as a cup of tea. Enjoy this blend that utilizes lactation boosting herbs for a relaxing moment that not only nourishes your soul but nourishes your body. Mild flavor with some subtle complexity, this tea is a pleasant way to take care of you.

Coupon Code: "LEAKYBOOB" for 20% off



Thera Pearl Breast Therapy Packs

{Lansinoh}

Store these in the freezer and they'll do you a lot more good than a bag of peas. Used cold these easy to clean packs help with swelling, pain, and engorgement; used hot, they can help you let down to a pump, relieve mastitis and clogged ducts, and with the 360° design, have you comfortably covered.



Booby Tubes

{Earth Mama}

Cotton and flax seed never felt so good. Whether you need heat to help milk flow, prevent clogged ducts, or address the symptoms of infection, or cold for swelling and engorgement, keep Booby Tubes in your freezer for sure relief.

Coupon Code: "Leakyboob20" for 20% off regular orders (no gift sets or bundles)



Belly Support {Body After Baby}

The hormones in pregnancy make it possible for our bodies to accommodate our growing little ones. Improve your recovery time with some stabilization of the joints, ligaments, and muscles that shifted and stretched to get you your baby. Stabilizing support for hips, back, abdomen, and perineum.

Coupon Code: [“LB20” for 20% off + free shipping](#)



Adult/Baby Ddrops {Ddrops}

Our lifestyle changes mean we don't get as much sunlight for our bodies to make Vitamin D and this results in fatigue and health concerns. Adding these tasteless and easy to take supplements can be a parenting game changer and, if you're a breastfeeding mom, be good for your baby too.

Leaky Tips

Get a nice, large water bottle and use it. Breastfeeding or not, it can be hard to drink enough and dehydration makes you feel terrible. Drink! ~Carrie

Take a warm bath with your baby, it can help overcome feeding struggles and if nothing else it is nice to relax together. ~Janet

If your baby is doing well, you don't owe anyone any explanation for your feeding journey and even then, it is between your partner, your healthcare provider, your baby, and you. ~Karissa

Take care of you, you wouldn't hire a burned out babysitter who neglected themselves to watch your child so don't accept it for yourself as your child's mother. Taking care of you IS taking care of them. ~Jessica

Helpful Links

The time of postpartum recovery, [healing and overdoing it](#).

Have chocolate and make milk too, [recipe](#).

Taking Care of You:

[Mother, nurture thyself](#)
[22 ways to nurture the nurturer](#)
[a multi-sensory approach](#)

[Birth trauma](#) and [when there is no glow](#), your mental health matters.



THE LEAKY BOOB

a breastfeeding pub

Hey Leakies,

We hope this guide helps you find the tools and strategies that help your confidence grow in your parenting. While it is often breastfeeding that brings us together, it isn't our passion. We may come together around breastfeeding but what keeps us together is the support and community. It is our mission to support people over any feeding methodology, as long as babies are being fed and loved and parents are confident in their ability to care for their children, we consider it a success. Happy feeding!

~Jessica Martin-Weber
Founder, theleakyboob.com

