

bahorich **ABODE**



My Milk Saving Secret with Milkies Milk-Saver
AUGUST 22, 2016

Thank you, Fairhaven Health and Milkies Milk-Saver, for sponsoring this post, My Milk Saving Secret. I was selected for this opportunity by Fairhaven Health and Milkies Milk-Saver; the content and opinions expressed here are all my own.



Breast feeding is a commitment. Breast feeding is a challenge. Breast feeding is a lifestyle. These are all things I had heard but never really understood until two months ago with baby Ollie arrived in our home. Even just yesterday, I found myself feeding in the car during an entire family lunch, delaying my meal and time with the family so our little guy could eat. And even though sometimes it is ideal or convenient, I would not change it for the world. I love it.

As my maternity leave comes to an end this week, I have had to start saving my milk and freezing it for the days that Ollie will not be hanging out with me. My job is super flexible and great for having a family, but at the end of the day, there is work to be done and conference calls and infant cries do not necessarily mix all of the time. I am so grateful to have the ability to have part-time care for Ollie and still be able to hang out with him a bit during the week, but I still had to venture into the world of pumping.

Pumping itself is another commitment, especially when trying to save up some frozen milk, and I finally understand the term "liquid gold". You know why that darn milk is "liquid gold"? Because you work so hard for that milk! Thankfully, I discovered Milkies Milk-Saver early in Ollie's life and it has helped me tremendously save even more "liquid gold".

Milkies Milk-Saver is an award-winning invention for breastfeeding mothers that allows you to collect your leaking breast milk as you nurse or pump – allowing you to store extra breast milk effortlessly with each feeding. It is easy to use and simply slips into your bra on the non-nursing side while you breastfeed. The Milk-Saver collects the milk that is leaked when your breast milk lets down. Once you've finished your breastfeeding session, you can simply transfer the collected milk into storage containers and keep it in the refrigerator or freezer to feed

your baby at a later time.



At first I did not know how much this would really be helpful? How much milk could really go to waste while I'm feeding on the other side? A half of an ounce. Each morning I get around a half of an ounce. That is literally 3.5 ounces extra a week!

The other thing I love about Milkies Milk-Saver is that I know it is completely safe. Fairhaven Health, the company that designed the Milk-Saver, develops products designed to safely and naturally promote fertility, pregnancy wellness, and breastfeeding success. From preconception through pregnancy and nursing, Fairhaven Health is there – every step of the way – to provide clinically-proven products to help me along my journey into parenthood. As a trusted leader in their field of reproductive health, their products are cooperatively developed and formulated by a diverse panel of medical experts – including doctors, ObGyns, nutritionists, and naturopaths. Noted fertility expert, Arros Grunebaum, MD, plays a pivotal role in formulating our FertilAid, FertileOM, FertiliTea, and Pregnancy Plus product lines.

That's why I love this product so much! The Milk-Saver has been rigorously tested to ensure zero chemical leaching and contains no BPA or phthalates so I know that it is safe and perfect for capturing my milk when it normally would go to waste!



The Milk-Saver itself is slim, durable, and portable. I was concerned it would be in the way or uncomfortable; however, it is extremely comfortable to wear during breast feeding. It is almost like it is not there at all. The Milk-Saver also holds a little more than 2 ounces of breastmilk. It also includes a protective lid to prevent milk from spilling out of the Milk-Saver during normal use. It comes with a durable case so that you can also store or travel with your Milk-Saver easily.

Honestly, there are a lot of tips and tricks to pumping more milk or saving every ounce of “liquid gold” out there; however, my personal milk saving secret is my Milkies Milk-Saver! I am so glad I got one when I started my breast feeding journey.

Want your own Milkies Milk-Saver? You're in luck! I have partnered with Fairhaven Health to give away one just for you!

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