

Milkies Softies Reusable Nursing Pads Review & Giveaway #migi2015

3:10 PM | Posted by [Lucy Mills](#)

Women who are lactating luckily have multiple ways to protect themselves from embarrassing leaks. I've used several different products to help catch the breastmilk so I didn't end up a big milky mess. I started out using disposable breast pads. Disposable breast pads, however caused my breasts to stay moist and felt lumpy inside my bra. After further investigation, I found that disposable pads are constructed of the same exact chemicals that are found in disposable diapers. If you have a disposable pad handy, just rip it open and you'll see tiny crystals, known as super absorbent polymers. These crystals turn into a gel, which causes it to retain liquid. If you visit the disposable pad manufacturer's website, it most likely states that this gel is hazardous and to call the Poison Control Center if ingested. Doesn't sound like a healthy place for baby to be feeding, does it? Not to mention that when you're done with it, it just gets tossed into the trash, and we definitely don't need to be adding anything unnecessary to our landfills.

During the [Make it Green in 2015 campaign](#), we've discussed ways to help protect the environment. An easy thing to do when it comes to protection from milk leaks is to use reusable nursing pads. I love cloth pads, they're super simple to clean and use over and over. They feel more comfortable and absolutely are no extra work to care for. I am happy to share a review with you today of the new reusable product from [Fairhaven Health](#) called [Milkies Softies Nursing Pads](#)!



I love Fairhaven Health and am a big fan of the Milkies Milk-Saver! It is specifically designed to save every drop of breastmilk. You can read [my experience using a Milkies Milk-Saver here](#). So when Fairhaven Health announced a bamboo lined nursing pad, I was excited to test it out too!



Milkies Softies are composed of three individual layers, offering a discreet and trim solution to leaking problems. The layer that goes against your skin is a soft bamboo rayon and quickly takes in liquid (breastmilk). The inner layer is microfiber, which is very absorbent. The outer layer is made of a leak resistant fabric, similar to PUL you see on the outside of cloth diapers.



One package contains three sets of pads, which could easily get you through a day's worth of leaking! I did an absorbency test to see how much a Milkies Softies Nursing Pad could hold and to check for leaks. I was able to pour an entire ounce of water into the pad. I waited a couple moments and flipped the pad over, it did not leak through at all! There also were no leaks from the edges. The top layer was completely saturated, but you wouldn't have any worries about it coming through the other side and getting your bra and shirt wet! I took a video of this experiment, check it out!

Using a reusable pad is the way to go, a better choice for your skin, baby's health, for the environment, and much more affordable! I would recommend using **Milkies Softies** to everyone who needs the extra protection!

What's my favorite thing about Milkies Softies? They're reusable, thin yet absorbent and quite comfortable!

Is there anything I'd change about Milkies Softies? I'm not a fan of serged edges because they often snag on things in the wash. That's a personal opinion I have, but it does not effect the performance of the nursing pads whatsoever.

I give Milkies Softies a 9/10!

Want to keep up to date with new products and promotions from Fairhaven Health?

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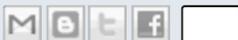


Would you like to win a box of Milkies Softies? Fairhaven Health is giving one box away to a lucky mama! Just fill out the competition form below to enter the giveaway! The giveaway will run from 2/2/15-2/16/15. Open to US only. Void where prohibited.

Must be 18 years of age or older to enter. Winner will be announced on this post, as well as emailed (so make sure to log into the competition form using the email address you use). You will have 48 hours to respond or a new winner will be drawn.

0 Your Entries	1279 Total Entries	Ended
One box of Milkies Softies Nursing Pads		

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23 comments:

-  **Alicia Pennett** [February 2, 2015 at 4:29 PM](#)
These sound amazing, I hope that they're as comfy as they look. *Fingers crossed*
[Reply](#)
-  **Kitty Loo** [February 2, 2015 at 7:22 PM](#)
I used to use disposable pads, but always found myself itchy no matter how frequently I changed them. someone pointed out that the "waterproof layer" has latex! and I'm allergic!
I've switched to reusable and have a few brands in my arsenal (and definitely some favorites), but have yet to try these :D
[Reply](#)
-  **Julie Strand** [February 3, 2015 at 12:16 AM](#)
These look awesome! I don't think the seared edges would be an issue for me as long as I throw them in a bra/lingerie bag while in the wash. Thanks for the review!
[Reply](#)
-  **Sarah Stewart** [February 4, 2015 at 6:41 AM](#)
I have not tried them yet. I have been using disposables nursing pads. I would like to try them! Thanks for the chance to win!
Sarah Stewart
[Reply](#)
-  **Miss Anderson** [February 4, 2015 at 7:31 AM](#)
I haven't tried these; however, I do use reusable nursing pads. The disposable ones make me itch!
[Reply](#)
-  **Christina** [February 4, 2015 at 7:43 AM](#)
I'd love to try these. I've used their Fertilaid supplements before. I wonder if it would help with snagging in the wash if you put the pads in a lingerie bag?
[Reply](#)
-  **Jessica Castaneda-Gill** [February 5, 2015 at 11:50 AM](#)
I haven't gotten to use any products, but I'm registered for several Milkies/Fairhaven items. I can't wait to try their nursing pads.
[Reply](#)
-  **Jessica Castaneda-Gill** [February 5, 2015 at 11:53 AM](#)
I haven't tried them, but I'm registered for several Milkies items...can't wait to try the nursing pads!
[Reply](#)
-  **Remus** [February 5, 2015 at 12:34 PM](#)
I haven't ever tried these. I love that they are bamboo lined
[Reply](#)
-  **Jerrica Evans** [February 5, 2015 at 6:14 PM](#)
I haven't ever tried these but would love to.
[Reply](#)
-  **Dusty** [February 5, 2015 at 9:05 PM](#)
They seem like a good way to go
[Reply](#)
-  **Dusty** [February 6, 2015 at 4:27 AM](#)
I had not heard of this product till I came across this post. I am glad I did. I have been thinking about using reusable nursing pads and these seem like a good one to try.
[Reply](#)
-  **VickeC** [February 6, 2015 at 6:30 AM](#)
interesting,both my daughter in laws are breastfeeding
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BriLynn Deeks [February 6, 2015 at 9:14 AM](#)

Reusable nursing pads rock! Economically efficient and super comfortable!

[Reply](#)



Theresa Anne [February 6, 2015 at 10:46 AM](#)

I've never tried reusable nursing pads, but they make so much sense! We're going to use cloth diapers, and cloth wipes, so reusable nursing pads will fit right in. I bet they absorb more than disposable too.

[Reply](#)



katie miller [February 6, 2015 at 5:07 PM](#)

I would love to try the reusable nursing pads. I think the serged pad would be okay if I put it in the zippered pouch for laundry.

[Reply](#)



Debbie Bray [February 7, 2015 at 11:07 PM](#)

I have not used any of their products

[Reply](#)



Debbie Bray [February 7, 2015 at 11:08 PM](#)

I have not tried reusable nursing pads

[Reply](#)



James Robert [February 9, 2015 at 4:04 AM](#)

I am entering for my cousin, she is expecting her first baby so don't believe she has used any of their products before

[Reply](#)



Candice Baiser [February 9, 2015 at 8:19 PM](#)

I love reusable nursing pads. I have three children and used reusable nursing pads throughout breast feeding all of them.

[Reply](#)



Janette Ocon [February 10, 2015 at 8:00 PM](#)

I am a FTM and am researching reusable nursing pads. So glad I stumbled across your blog! I added it to my reading list :)

[Reply](#)



[Whatever U are, be a good one!] [February 14, 2015 at 7:32 AM](#)

I am a FTM and I haven't used any products from Fairhaven Health! I would love to win and try them too! Thank You for the chance

Fiona N

[Reply](#)



Joe joe [February 16, 2015 at 12:21 PM](#)

I have not used there products yet, I am excited to try them out now after reading this information.

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