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## Milkie's Softies Nursing Pads: Helping You In Your Breastfeeding Journey

BY MICHELE ON JULY 21, 2015



Breastfeeding is a tough job. As a former International Board Certified Lactation Consultant, I have always knew the importance and supported breastfeeding as much as possible. As a mom, I've had the joy of nursing all 4 of my children and still have a little one that I can share this special bond with. I've found that one thing that can make your experience more enjoyable as a breastfeeding mom is to have great breastfeeding products. Today I'm delighted to share a [Milkie's Softies Nursing Pads](#) from [Fairhaven Health](#). I love Fairhaven Health because they provide safe and natural products to help you from preconception through pregnancy and nursing.

Having good nursing pads is key. I can share from personal experience – there is nothing worse than going to work and realizing mid-shift your shirt is soaked with milk! While I always liked the idea of earth friendly reusable pads, I have been using disposable since they seemed to prevent wet shirt incidences a bit better.

I am delighted to report that Milkie's Softies Nursing Pads are my new BFF! Not only are they soft, reusable and earth friendly, but they hold a lot of milk! I did a little test in my kitchen and each pad held up to 7 teaspoons of liquid. They moisture was quickly pulled from the part of pad touching your skin to leak resistant outer layer, helping prevent discomfort and chafing. Even though I continued to pour water on the pad to the point it couldn't hold any more liquid, it never came through the outer layer.

Another great reason to love [Milkie's Softies Nursing Pads](#) is they are super easy to care for. Just toss them in the washer and dryer or hand wash. Very reasonable priced at just under \$5.00 per pair, these will save you money instead of having to purchase disposable pads. Avoid the embarrassment of "milk shirt" and try [Milkie's Softies Nursing Pads](#) from [Fairhaven Health](#) today!

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Disclaimer: I received Milkies Softies Nursing Pads from Fairhaven Health to facilitate my review.

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About



I'm a wife, mother 4, blogger and author. I grew up in the Chicagoland area, attended Franciscan University of Steubenville and currently live in Columbus, Ohio. I was raised in a family of 8 children and am a registered nurse. I especially enjoy volunteer work and serve as the co-chair of the Columbus Catholic Women's Conference. I love learning more about our faith and sharing it with others. My first book, co-authored with my friend Emily Jaminet, Divine Mercy for Moms: Sharing the Lessons of St. Faustina is available for pre-order on Amazon.com

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