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Review: Milkies Breastfeeding Essentials

May 18, 2017 By Emily K — [Leave a Comment](#)

Disclosure: I was provided Milkies Milk-Savers, Breast Pad Ever, Softies Nursing Pads and Nipple Nurture Balm to facilitate this review. All opinions are 100% my own.

When I was expecting my first child, I was interested in giving breastfeeding a try but after hearing so many horror stories, I wasn't convinced the experience would be successful or enjoyable. My uncertainty instantly disappeared when my daughter first latched just minutes after birth, and I felt the incredible power of feeding my baby. Luckily when nursing both my children, I never had any issues with production (over production, maybe...but to me that's a good thing) and I was able to power through painful and inconvenient road bumps like cracked nipples and mastitis. While I DO believe that 'fed is best' and that breastfeeding doesn't always work for everyone, I have found that nursing is an incredibly powerful experience. My awe of the human body has only increased as I've witnessed what women are capable of when it comes to bearing and feeding children.



There are a lot of great resources and products out there for breastfeeding moms, and whether you're struggling or not, you'll likely find a need for products that can make the breastfeeding experience easier, more comfortable, or more efficient. The Milkies Breastfeeding Essentials collection of products from Fairhaven Health covers all of those bases, and I'm excited to share some of my

favorite Milkies products with you.

Any nursing mom, whether she's struggling to produce or not, knows that the term 'liquid gold' is no joke. Even with a fed, happy baby and a freezer full of stored milk, every last drop is valuable. That's why Milkies Milk-Savers are absolutely brilliant. If you're like me, you find that when you nurse on one side, the opposite breast completely soaked a nursing pad. It seemed like such a waste...until I discovered Milk-Savers. Basically a flexible pocket that fits inside your bra cup, Milk-Savers collect leaking milk while nursing or pumping. Simply insert the collection cup into the bra cup of the breast you're not currently using, and watch the milk flow! It's thin, portable, easy



to use and incredibly effective. No more wasting ounces of milk! I was able to save at least an ounce of leaked milk with each use. Do you have any idea how awesome that is to a mom obsessed with stocking her freezer with breastmilk?! Milk-Savers are durable, easy to clean and even come with a lid and a nifty little carrying case for saving milk on the go. There's really no reason NOT to use Milk-Savers!

Any breastfeeding mom knows that finding the perfect nursing pad isn't always as easy as it seems. Finding a nursing pad that provides a comfortable fit and great leak protection can prove oddly difficult. Luckily, Milkies offers two fantastic options that I know you'll love. Milkies Softies are super soft, reusable nursing pads made from three layers of super absorbent, moisture wicking materials. They're incredibly comfortable,

highly effective, and they WON'T look bulky or weird in your bra. They're even machine washable. And the best part? They're \$15 for a box of three pairs. Wow! Additionally, Milkies offers another nursing pad option – The Breast Pad Ever. As the clever name suggests, it seriously is the best nursing pad ever. This incredibly absorbent nursing pad both provides protection against leaked milk as well as the lift and support of a regular bra. Wait, what? Yep. That's right. These nursing pads are able to hold more leaked milk than your average disposable or reusable nursing pad, plus when they've hit their max capacity, you simply wring out the absorbed milk and pop the nursing pad back on. If this doesn't rock your world, I don't know what will. They're not lying when they say it's the Breast Pad Ever.

No breastfeeding journey would be complete without a great nipple ointment. I absolutely LOVE Milkies Nipple Nurture Balm. It's lanolin free and completely safe for mom and baby (or in my case, babies). The cream smooths on easily to soothe and protect the nipple from the discomforts often associated with nursing. Of all the nipple balms, creams, ointments and even sprays I've tried, this one is definitely one of my favorites.

No matter where you are in your breastfeeding adventure – seasoned pro or first time nurser – Milkies is here to help you succeed! [Check them out online](#) and on [Facebook](#), [Twitter](#) and [Instagram](#).