



Measuring for a Nursing Bra

Purpose:

To ensure that the mother who is choosing a nursing bra selects one that will:

- ✓ Give good support to the enlarged breasts
- ✓ Be comfortable and not restrict any part of the breast
- ✓ Be convenient and easy to manage

What you need:

Measuring tape

Measuring instructions: (see Figure 1)

- ✓ **For band size:** Measure around the body, under the breast (I). Stand straight and breathe normally. If the number of the measurement is uneven, round it up to the next even number.
- ✓ **For cup size:** Measure around the fullest part of the breast (II). The difference between the breast size (II) and the band size (I) gives you the cup size.
 - 1" (2.5 cm) larger, cup is an A
 - 2" (5 cm) larger, cup is a B
 - 3" (7.5 cm) larger, cup is a C
 - 4" (10 cm) larger, cup is a D
 - 5" (12.5 cm) larger, cup is a DD
 - 6" (15 cm) larger, cup is an F
 - 7" (17.5 cm) larger, cup is a G



Figure 1

Tips for buying the right bra:

- ✓ Buy a nursing bra during the last weeks of pregnancy to ensure the best fit for the size of your breasts.
- ✓ Get properly fitted by someone who is knowledgeable about nursing bras.
- ✓ Buy one that fits well when you buy it, not for possible future growth of your breasts.
- ✓ Buy one with a one-hand cup opening; it's helpful when you're holding the baby.
- ✓ Make sure that when the flaps are down the opening is large enough to expose the breasts well for feedings.
- ✓ A four-station back closure gives the best fit and most comfort.
- ✓ Wide, cushioned, non-stretch shoulder straps provide good support and don't dig into the shoulders.
- ✓ The cup should be large enough to give necessary coverage of the breasts.
- ✓ The back of a good fitting bra will lie in a straight line under the shoulder blades.
- ✓ Consider an underwire nursing bra only if you are used to wearing underwire bras. Make sure the underwire lies on your chest, to avoid pressure on the breast tissue and don't wear it at night.