

little gummy

P A R E N T H O O D

Milkies Milk-Saver Good to the Last Drop

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One of my most vivid memories of nursing was shortly after I had my daughter, I was slouched over wrapping Christmas gifts while simultaneously nursing and looked down in hesitation to see what felt like all of my milk had poured out during let down, I was crushed but didn't know of any way to resolve the mess aside from nursing pads which kept my shirt clean but didn't help any with the loss of milk (and we know how golden it is), flash forward to today, my daughter is now 2 but my son is 5 months and shortly after introducing him earth side I was introduced to **Milkies Milk-Saver**.



Milkies Milk-Saver is designed to catch any lost milk during the let down period from the side that is not being nursed on. There have been plenty of times I have been nursing only to discover I had leaked and not known it. There are have been even more times I've leaked and cried at the amount of milk I had lost. **Milkies Milk-Saver** holds upwards of 2oz of leaked milk which definitely adds up! My favorite thing about **Milkies** is that I can fit this in my bra, while it is not exceptionally discreet it does get the job done and chances are if you are nursing in public you probably don't mind a lumpy bra anyway, or at least I don't! My main concern is feeding the baby and saving every last drop and **Milkies Milk-Saver** suffices both of those. The award winning product is made of a reusable, easily cleanable material containing no BPA or phthalates and intended for use on virtually any nipple size. With a one inch opening for the nipple, **Milkies Milk-Saver** should fit with ease.

I recommend **Milkies Milk-Saver** for use immediately after birthing and the beginning of nursing as the milk is coming in because this is the point where your body hasn't yet adjusted to fit your Littles supply and demand which can mean hyper-lactation, engorgement and soaking through breast pads. Who wouldn't want to save that milk as opposed to soaking it with the pad? That let down is real guys!

Because of the flexible and smooth build of **Milkies** there is zero to no interference with nursing itself and generally I don't even remember I have this in my bra until I go to switch sides, which is done very conveniently due to the built in holder included on the case for your Milk-Saver which you can throw in the nappy bag and take anywhere!

Having done some research on **Milkies Milk-Saver** I saw that a common concern was cleaning it after only getting a couple of ounces. I get this

could be considered a nuisance but I'd like to point out that any saved milk is golden and can always be added to existing bags of milk which should more than compensate for having to clean after each use.

One tip I like to pass on to pumping friends, which is similar in the fact that those parts need to be cleaned after use as well is that refrigerating the pieces in between usage and washing at night should free up a lot of time having to clean directly after using especially with a fussy baby in hand.

Milk can be stored safely in a refrigerator for one day and then should be used or put in the freezer. Pumping pieces and **Milkies Milk-Saver** share that same idea since they have traces of milk on them but they should always be cleaned after the days end to ensure optimum safety for momma and baby.

With Miller at 5 months now, I still have the occasional let down on my non-nursing side and while it isn't 2oz worth I still find **Milkies Milk-Saver** to be one of my "Breast" Friends (ha!) because any output of milk is always worth saving, even if it is used for my toddler to dunk a cookie in!

Check out these helpful guidelines from **Milkies**



*Guidelines For Storing
And Thawing Breast Milk*

Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer
4-6 hours at 66-78°F (19-26°C)	24 hours at 59°F (15°C)	up to 8 days at 39°F or lower (4°C)	up to 12 months 4°F or lower (-18°C)

Thawing: Breast milk can be thawed in the refrigerator in 8-12 hours, under warm water in about 20 minutes, or in a bottle warmer in about 15 minutes. Separation is normal, swirl gently to mix. Do not microwave.