

Mom's Gone Crazy



...and she's loving -almost- every moment!

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Today I whipped up one of our staple snacks in this house, Banana Oatmeal Muffins . I first found this recipe on Pinterest, when my husba...
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We had our first Holiday Party yesterday, and one of my good friends, Joanie, gave me the perfect hostess gift: Nail polish! I've n...
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Warning: Picture heavy review of a super awesome burrito joint to follow. I'm not responsible for your excessive drooling or intens...
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Milkies - Amazing Breastmilk Saving System!

Wednesday, April 23, 2014



I was thrilled to receive these products to try from [Fairhaven Health](#)! They sent me the Milkies Milk-Saver and Freeze, and their Nursing Blend supplement. I was just telling my hubby and mom that they have this awesome new system that allows you to catch and store the milk that lets down from the breast you are not nursing from, and then it arrived on my doorstep!



This product was ingeniously designed to collect the **precious** liquid gold that is breast milk, effortlessly while you are nursing from the other breast. You simply slide it into your bra or nursing tank. After you nurse, you can transfer the milk into a bag, and freeze it using the Milkies Freeze (see more info on that below!), or into a bottle for use/storage.

If you have ever nursed, pumped, or expressed, you know that every drop counts. As the only product of it's kind, this is an amazing gift for any mom-to-be or new mom! It even comes with a case that makes it really easy to bring the Milk-Saver anywhere you go.



Next is the almost equally ingenious breast milk freezer storage system called the Milkies Freeze. This system is different from others in that it has an awesome metal quick-freeze tray that you lay the bag on top of to freeze quickly. After it's frozen, you drop the bag down into the chamber from the top, allowing the oldest milk to stay on the bottom, and eliminating any confusion about which one should be used first. It stores up to 60oz.



*Note that this container does NOT include storage bags (which I did not expect), so you'll need to have your own bags of any kind to use the Freeze.

The last product I tried was the nursing supplements. In the name of honesty, **as always on this blog**, I have to say I am not enjoying these supplements. A serving size is 3 large capsules (compared to the 1 per day I have to take of my current prenatal vitamins), which is not appealing to me. Also, the supplements have a strange odor to them that makes getting them down more difficult. Do they work? I'm sure they do - they have everything a nursing mom needs and more. Is it worth it for me when they are difficult to take? I'm sorry, but not for me!

So, my favorite product of the three is definitely the **Milkies Milk-Saver**, as I truly value being able to save precious breast milk! The Freeze is also an awesome freezer storage system, but just not of as much use to me, as I don't store large quantities of milk at this time.

I will definitely be using the Milk-Saver for many months to come!

XO, Steph

Disclaimer: I received these products free of charge in exchange for my honest review.

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