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Review/Giveaway: Fairhaven Health Milkies Breastfeeding Aids



I want to start this review off with a little of my back story on one of the products first, I hope that sharing with you my journey could help you see the importance these products held for me in my breastfeeding journey.

I believe breastfeeding is one of the best things I can do for my little one. Even while I was still pregnant, I knew right away I would want to breastfeed with a goal of 1 year or more.

With my first child I gave up too soon, mostly because it hurt due to poor latching on my part and the lack of knowledge on items that could make it easier on me. As often happens with new moms, I just didn't have anyone to tell me what was available to help me out.

During this pregnancy, I received a collection of products for review from Fairhaven Health, and prepared for our daughter's birth by educating myself on how these products could help me make this time a more successful breastfeeding experience.



To my great surprise, our little angel decided to come early, at 35 weeks gestation. So not only did I have to worry about her health, I had to worry about every drop I needed to be able to save for her and to not risk losing any of to regular nursing pads. Seeing her in the NICU was heartbreaking, and seeing formula being fed to her through her nose was even more heartbreaking. So you can imagine the determination I had to pump my milk since she was not yet able to be in my arms.



Included in the review package I'd received was a product called **Milk Saver**. This product meant to me that no drop will be lost in the reusable breast pads.

The Milk Saver is worn inside your bra on the side you are not nursing on, to catch all the liquid that would otherwise leak into a nursing pad.

They were lifesavers, ensuring that our little Princess got every bit colostrum and breastmilk she needed to thrive. It helped us all get through her hospital stay.

When my husband and nurse insisted that I go get something to eat and rest I was not happy to leave, but knew I need to regain my strength.

Pumping for colostrum before your milk has fully come in is totally crazy-making and exhausting. Seriously, the only reason I was able to leave off pumping to take care of myself for short intervals was because I had placed the Milk saver on the breast that had at least a drop come out. Sadly, I do not have a picture of the amount that is caught because I ran back to the NICU, so excited to see that just in 30 minutes to an hour of wearing it, I could give the colostrum it saved to my little girl.



Pumping was not going as great, so whenever I could I would wear the Milk Saver in my nursing bra. This was the beginning of my journey and this product saved my motivation and confidence that I could do this.



Anytime you see your hard work being successful gives you motivation to keep going forward. Now you may understand why I love this product so much. J

Rewinding a bit the Milk Saver comes in a hard case which is nice to keep it clean once washed. And I don't know about you but after I had my baby her diaper bag became my purse and I love that this can fit in the front pocket.

There is one per box though in my experience I never ended up needing two so one was great for me. Rather it was pumping on one side (or nursing) and having the milk saver on the other, this product was great for catching the let down from the other breast.

The Milk Saver is very comfortable to wear even when I used it while eating at BK, it was very noticeable and for sure not something you would want to be too active in.



The opening for your nipple to go through is wide enough to not make contact so there were no issues there.

Even now at 4 month old I still use it to catch the milk from my breast I am not feeding her on.

Washing it is very easy as well you can place it on the top rack of the dishwasher, though I like to hand wash it and dry it so I can use it right away if needed. Another feature I LOVE is the flexibility of the milk saver. Not only does this help when wearing in your bra but also when pouring the milk into a storage bag freeze.