



**When is the Best Time to be Fitted
for a Nursing Bra?**

We can fit you for a bra at any point in your pregnancy. But to get the most accurate fit, it is best to wait. Doing a fitting late in pregnancy may still not give you an accurate fit as you will probably continue to change.

At the Baby & Family Boutique, we believe the best time to get fitted for a nursing bra is when your milk is in and after engorgement has settled down. That is usually 7 to 10 days after baby is born. However, we understand that waiting that long is not always doable.

We offer several varieties of options for that inbetween time, including nursing tank tops, the Bravado Original Bra and the La Leche Wrap N Snap. These bras provide support but are not a defined bra, so the bra will grow with you.

We often refit moms again once they are returning to work; often being fitted again at three months and/or six months out.