

HOW TO FEEL FEMININE WHILE EXCLUSIVELY BREAST FEEDING

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One of the main struggles most new mamas face in the morning during pregnancy is getting dressed. How can we style our ever-growing bumps, swollen ankles, and larger-than-life bosom in a way that makes us feel feminine? Well, that problem doesn't go away entirely once the baby is born and our bumps are gone. If you're a new mama and exclusively breastfeeding, you're starting to realize that your wardrobe is just as limited as it was during pregnancy.

Luckily for you, I've been through it and I discovered these style secrets to maintaining a sense of style and feel feminine while exclusively breastfeeding!

The best thing about these tips? You can master this dress code with the clothing you already own!



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CAMISOLES IN NUDES AND BASIC COLORS

A cute sweater with jeans is a staple in everyone's wardrobe and it can be both chic and easy to throw on for mamas on-the-go. The only downside is exposing your postpartum tummy every time your little one wants to nurse. I got around this by wearing camisoles and vests that match either my skin tone or the color of my top. It essentially acts in the same way all nursing t-shirts do, but without the 'flap' feature. Is it just me or is there something totally ugly about that flap? My favorite camisoles are firm-fitting with mild compression to keep everything snatched together. I found these fantastic camisoles through Amazon and I bought them in every color.



This is a no-brainer and most 'nursing-friendly' categories on online retailers will showcase a lot of button-down shirts, dresses, and blouses. The best thing about button-down items is how versatile they are. Paired with jeans, trousers, or skirts, the combination always looks elegant and put together. A button-down blouse is also an excellent way to look like you made an effort this morning when you got dressed. It's a great pick-me-up for new mamas who are stuck in their sweatpants. I especially love how a button-down shirt can stay tucked into the waistline of my jeans and I avoid feeling like I'm constantly getting undressed/dressed when I feed my baby. Shirts can also be layered with camisoles and cardigans for colder months, making them ideal year-round. Check out several of my go-to styles and favorites:

BUTTON- DOWN EVERYTHING



LUXURY SLEEPWEAR

"...it becomes easy to feel down about your appearance and forget how to look nice."

For the first while, new mamas normally adopt a very particular dress code; old t-shirts, baggy sweats, leggings, pajama bottoms, and tired-looking sweatshirts. When day and night blur together, you're covered in leaking breast milk and you feel like a modern-day farm cow, getting dressed isn't even on your radar. As a result, it becomes easy to feel down about your appearance and forget how to look nice.

I can't impress this upon you enough but invest in nice sleepwear. A satin button-down suit will make you feel like a million dollars in comparison to your rundown sloppy-chic "outfits" that deserve to go in the trash. Before thinking about others, think about who you want to be when you wake up in the morning.

In order to feel feminine and stylish during this phase of your life, you have to first look the part. The best pajamas are in fabrics like satin and modal for both breathability and comfort. Opt for classic styles and enjoy the freedom of a lightly oversized silky pantsuit that is easy to breastfeed in and makes you never want to get dressed.

I swear by this black satin set by Bluebella for both comfort and style. I sized up for a roomier fit. My husband swears that I seem more confident in myself when I wear these pajamas and it's become my nightly ritual to don my "silk suit" and step into my true self for the few short hours before bedtime. Another benefit? Opening the door to surprise morning visitors and unexpected parcel deliveries is no longer an ordeal.



DRESSES WITH A FRONT OPENING

A dress is timeless, elegant, and so versatile. Dresses are a whole outfit in one garment, also adding to their appeal for busy mamas. A midi dress in a wrap-around style or with a front opening is one of the easiest and most stylish items a breastfeeding mother can wear. This dress can honestly take you from day-to-night and you're guaranteed to feel comfortable throughout the whole day.

Dresses with a wrap detail are populating out social media feeds and clothing stores more than ever so really make the most of this trend and stock up on items when you can. For summer, a flouncy wrap dress or shirt dress is a breastfeeding mama's lifesaver.

And in winter, you can switch it up for a knitted wrap dress and knee-high boots for an effortlessly flawless look that exudes elegance and put-togetherness.



BALCONY- STYLE BRAS

Most nursing bras are unpadded, without wiring, and more than a little uncomfortable. After the first several months of postpartum, your ribcage returns to normal and suddenly the nursing bra stops fitting as well as it did. Another issue with nursing bras is how they make your breasts look underneath your clothes... shapeless and lumpy never suited anybody.

If you long to have clean lines again, strong support, and a well-fitted bra, invest in a good quality multiway balcony bra. These bras have removable straps, allowing you to wear strapless clothing. They are comfortable, supportive, and really stupidly easy to fold down, allowing your little one to latch on without any issues. This is the absolute best style of 'normal' bra for breastfeeding mamas.

I'm a really awkward size (EU:30FF/G) and most companies don't stock my size or anything close to it. And when they do stock my cup size, they don't do my band size, so it's been a huge struggle finding bras that fit me postpartum. Thankfully, I discovered 'Ivory Rose' who makes high-quality and affordable bras. I've purchased several different styles and each bra has been truly abused but they still hold up.



I strongly recommend curating your closet throughout pregnancy with nursing-friendly clothing to take the sting out of this HUGE change you and your body are going through. Breastfeeding can take a lot out of you in the beginning and as we all know, the best defense is a good offense. Most of these styling secrets are adaptable for #pregnancylife so you can't go wrong. Shop with total confidence and enjoy this season of your life to its fullest. It won't be long before you can wear absolutely everything in your wardrobe again, but that means your little one isn't a baby anymore. So, find the bright side to your wardrobe woes and get creative.