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## Breastfeeding Success With Some Help

april 10, 2015 by [aneta alaei](#) • [7 comments](#)



I'm sitting here with cabbage leaves in my bra, hoping for some relief. Happens every time I have a baby and it doesn't get any easier. Engorgement from your breast milk coming in is both a sigh of relief and a pain in the ass.

After every birth there is the anticipation of when your milk will come in. I hate not having milk to feed my kids because it leaves them hungry and waking all the time and it leaves me feeling inadequate and tired although they are completely fine with what they do get.



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Add an issue with a bad latch the first few days and I am blistered, engorged, in pain and just needing some serious relief right about now.

This week I took things into my own hands and got to try out some products from Fairhaven Health to help me in my breastfeeding and parenting journey. I got to try out their [Breastfeeding Essentials Bundle](#) and it has been a great experience.

No matter how much you think you know about breastfeeding and how good you think you are, your child will also have to cooperate. My son has done some serious damage with an improper latch and Milkies Nipple Nurture Balm is coming to my rescue right now. Serious instant relief to the dry, cracked and bleeding (yes there is blood 😞). I am in no ways a stickler to the natural ways although I do prefer them immensely and when you find a product that boasts a list of ingredients like organic marshmallow root, organic calendula and organic shea butter you feel much more comfortable slathering it on liberally on a body part that your child will be sucking on regularly.



My next mission was to make my milk come in (no matter how painful it was going to be) and for that I have been drinking the Milkies Nursing Time Tea three times a day. It comes with a mesh tea ball and the fact that it is caffeine free is great as I enjoy it most right before bed. It did it's job and my milk came in the next day and it is a plenty I can assure you. I feel better drinking it and baby seems to have no complaints now. There is no better satisfaction than when your baby feeds enough and they sleep in peace for a few hours. Gives me time to actually get some work done (like now).



Something that I am intrigued about is the Milkies Milk-Saver which is ingenious. People always say don't cry about spilled milk, but when you waste breast-milk it is reason to cry. The Milk-Saver slips into your bra on the non-nursing side and collects leaking breast milk (there is a lot). It comes with a case that also doubles as a stand so you can prop it up until you are ready to store it and although I am still in the beginning stages of feeding I know that I can easily get 4-5 feeding stored a day right now and I can only imagine what would be possible in the future. I breastfeed but I also make sure my kids will take a bottle because I know I will not always be available to feed them and I like giving other people the chance to bond with baby over feeding time as well.



Last but not least is the Happy Bottom Baby Balm to help sooth baby's bottom with only the best ingredients such as colloidal oatmeal, cocoa and shea butter and organic oils. I love how it makes diaper changes a breeze by putting a protective barrier between bum and yucky poop.



All of these can be purchased individually or you can buy the bundle which is packaged beautifully on their website [HERE](#).

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If you have a pregnant woman in your life and are looking for a gift for her that will be GREATLY appreciated this is it.

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### Comments

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**klaudia says:**

APRIL 13, 2015 AT 4:42 PM



I wish I knew about that milk saver...damnit

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**jamie hall says:**

JUNE 6, 2015 AT 9:56 PM



how i wish i would have known about the milk saver I had so many sopping breast pads, i had a very hard first couple weeks of nursing and it was over christmas so not much support , but once it clicked I was so happy

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**Laurie P says:**

JUNE 11, 2015 AT 9:41 AM



I agree, the Milk Saver would have been helpful.....I relied on fenugreek and it worked well for a good chunk of time, but eventually my production did slow down.

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**Jodi Mitrovic says:**

JUNE 14, 2015 AT 7:34 PM



I love that it's all natural! I experienced quite a bit of cracking and bleeding and wasn't able to find anything that worked for me personally. I will keep this in mind for when baby #2 blesses us 😊 Thanks for sharing and happy that you found relief!

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**Amy Lovell says:**

JULY 12, 2015 AT 8:14 PM



I've never heard of the leaves before, thanks!

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Victoria Ess says:

AUGUST 21, 2015 AT 10:00 AM

I'm glad to hear this worked for you!

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Debbie Bashford says:

AUGUST 24, 2015 AT 6:52 AM

Wish we had these type of products when I had mine

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