

Our Misconception

Our *misadventures* through marriage, surrogacy and parenting after infertility

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IT'S FREEZING...Milk that is. Milk Tray Giveaway!

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Hi! We are Chris and Candace.

My swimmers swim backwards and her uterus is missing like Jimmy Hoffa. We write from both a his and her perspective on infertility, marriage and figuring out this whole thing called parenthood.

It is time for a Giveaway! I figured since I was just on the topic of induced lactation, it was fitting to do a giveaway that benefits your lovely lady lumps. So let's talk about Milk Trays, by Sensible Lines and brought to you by [Fairhaven Health](#). All opinions are my own and this is not a paid post just so we are all on the same page here.

Most of you who are reading our blog have had aspirations of starting a family. Some of you are now parents and some of you are still on bruised knees praying for a positive test. For those who are brick by brick working towards building your family heads up... I will have a pretty sweet giveaway for you soon!

OK back to the Milk Trays. After I started to induce lactation, I pumped and pumped and pumped some more until I began to build up a freezer stock pile. I froze my milk in 3 oz quantities and then started to freeze it in 6 oz increments once Jellybean started to increase her intake. Sometimes she would drink every last drop wanting more and other times she would leave an ounce or so behind. It was those left behind situations that really hurt both the heart and the boobs. I worked hard for every single damn drop and once you defrost the milk you only have a certain window where you can use it. This is why I like these trays. They freeze your milk in increments of 1oz. Which is perfect for when your baby starts to fluctuate in appetite. Just add to it as you go, and you minimize your waste. Now for those milk factory moms I am sending you a gentle, yet envious eye roll because I am sure that you will not lose sleep over a few wasted ounces but for those out there with low supply and who induce lactation, trust me nothing is wasted. I even know a few women who have syphoned drops out of their pumps to ensure they do not leave behind a single drop.

FACT- Women who struggle with some infertility diagnosis like PCOS, may have trouble with breastfeeding and low supply. Oh infertility, the gift that keeps on taking away. [Here](#) is an article on that correlation.

I am also finding out that you will spend a crap load of money on items that you will only use for a 3 month interval and then, they go in to the "pass it along" pile or the "sell it on Craigslist" pile. Not that you will sell these on Craigslist BUT you can use these trays to also make and freeze your own baby food. I have "crunchy" tendencies but will ever so often fall victim to a GMO, MSG packed, processed x10 fast food gut buster burger. So it is safe to say I lie somewhere in between the spectrum. I buy all organic meats, fruits and veggies and puree them to make Jellybean's food. These trays serve a dual purpose. That's what we call a two-fer folks.

If you're pregnant or nursing, currently trying to become pregnant, or have any plans of the future of becoming pregnant, we are giving away a pair of these milk trays. You also may want to go ahead and bookmark [Fairhaven Health](#) because they have a ton of great products to help you on your path to become parents and beyond. It is one of those resources I wish that I had known about before.



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