



# *Reviews, Chews & How-Tos*

## **AN ALL-ENCOMPASSING GUIDE TO AN AWESOME LIFE!**

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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.



I was able to freeze and store my milk was by using the [Milkies Milk Tray](#). This tray is AWESOME!!!!

Each slot holds 1 ounce and all you do is take how many ounces you need and place it in the bottle to thaw and feed. Now, I loved the bags, but I have to say this way is best for when you are using the milk saver and instead of wasting a bag or risking pouring little by little in a bottle until you get enough to fill a bag.

This way, you can freeze that milk or colostrum right away and ensure it stays fresh for your little one. Please make sure you store them towards the back so you don't run into it defrosting and refreezing. The Milkies Milk Tray is recommended to be handwashed, and it is very easy to wash it that way. Unlike the bags, it is reusable so there is no waste, and did I mention we had a small fridge? These are stackable, and do not take up a lot of space.

After it freezes in the tray we pop them out like you would an ice tray, and place them in a zip lock bag. At this time we do not have a deep freezer, but once we get one this will be the way we mostly freeze our milk and then use the bags less often.

Again, I mostly breastfeed her but my experience with these were when we did not have any bags frozen and we had to go to her pediatric cardiologist. This is not an appointment we could miss, but I knew I needed to be able to feed her while on the heart monitor so she would be calm.

Thankfully, we had some 1 oz bars frozen, so I popped 3 in a bottle and left for the appointment. They thawed on the way, and I only had to run it under the warm water for a little before giving it to her.

Fortunately, breastmilk doesn't need to be warmed like formula, so this saved us this appointment visit, because if she wasn't eating and being still we would have had to go back to the NICU.

After that, these became my husband's favorite method, but I prefer him to use the bags since you need to wear gloves to handle the milk stored with the Milkies Milk Tray.

Yes, you could easier just make sure your hands were washed before using, but as our Princess was a preemie I demand extra measures.