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Home

T u e s d a y

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 have some past experience with milk storage bags. In the past, I have read and brought bags that claim that they are leak-proof and then found a bag I was defrosting to be broken and leaking the milk everywhere. Which is again enough to drive you mad!!

Thankfully after using 32 Milkies bags, I have not had a single one leak on me and for that reason, I will continue to use this product as long as my daughter is breastfeeding.

These bags hold up to 200ml, but I have never placed more than 5 or 5 ½ oz. into one bag (about 150-160ml). In each box comes 50 storage bags.

Now I would like to point out one of my FAVORITE details of these bags. On each bag there are guideline to help you keep your hard working liquid gold fresh! I could go into detail of how sad it is that some cannot remember the details of how to handle the frozen milk (cough cough my husband) but in all seriousness for those long nights it was nice to have that reminder there to help.



I also like there have a double zipper on the bag adding an extra level of protection against your milk leaking out.

As for the label, I use it to track the date and time that I pumped.

Another detail I like over other bags I've tried is that the sides of this bag are bigger, making it easier to manage, and I think that is also the reason I have not had any leaks.