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Increase Breast Milk Supply with Fairhaven Health (plus Giveaway!)

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MAR | 2015

posted by **ASHLEY** | 39 COMMENTS



I was provided with samples to facilitate this sponsored post.

In a perfect world, I would exclusively breastfeed, on demand, all day long. While my son is exclusively *fed* breast milk, being a full-time working mom (working outside of the house), bottles and pumps are a part of life.

Like with my daughter, I found that once my maternity leave ended, my supply became dependent upon my pump schedule – every 3 hours while at the office. But with that came challenges, including a supply road bump around 5 months PP.

Thankfully road bumps don't mean dead ends. There are supplements and teas that can help boost milk supply, for which I am extremely grateful. Here at Thrifty Nifty Mommy, we are big fans of **Fairhaven Health**. Not only do they offer **products for pregnancy**, but they also offer products for nursing moms!

I was sent 3 products to help boost my supply – Nursing Blend, Nursing Tea Time and Fenugreek – along with a set of Milk Trays to store my expressed milk.



My son recently started teething and we've been trying to find natural remedies to ease his discomfort. We started using the **Milk Trays** to make breast milk "pops" for him. The coolness brings him some comfort and we're able to use the remaining "pop" for his cereal (it slides easily into a Medela bottle for warming).

This 2-pack of trays contain a total of 16 semi-cylinder cavities that hold 1 oz. of milk each. They're made from PET plastic, a food-safe plastic that contains no bisphenol-A (BPA), phthalates, or dyes. They come with fitted lids to protect milk while it freezes (you can stack them too!). Once the milk is frozen, it pops out easily.

Buy It: **Milk Trays** \$21.95



Meet Ashley

Ashley has written 4 post in this blog.

Ashley is married to her high school sweetheart and together they have two children (a newborn and toddler). She loves all things fashion and enjoys traveling with her husband. She also blogs over at Spit Up is the New Black full-time.

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