



LilyPadz Breast Pads, £14.99, from various outlets including Mothercare.



Affinity Electric Breast Pump, £120, by Lansinoh. ▲

Breastflow Manual Breast Pump, £24.99, from The First Years. Can be used in conjunction with Breastflow feeding bottles. ►



THE NATURAL WAY

Little helpers for breastfeeding mums



◀ Essential Nursing Bra Top, £35, by Bravado! Comes in a selection of bra sizes and six colours, from www.bravadodesigns.com



Breastvest, £15, comes in 6 colours and sizes from XS to XL. Designed to sit just below your nursing bra, it allows you access for feeding without you exposing your tummy. Available from www.breastvest.co.uk ►



Closer To Nature Breast Care Starter Kit, £7.99, by Tommee Tippee. Contains 36 absorbent breast pads and 4 sterile breast cooling pads in a handy carry case.



Aaah... Soothing Balm, £6.50, from www.mamababybliss.com