



# Tips To Handle Leaking Breast Milk In Breastfeeding Women



Maintain a consistent nursing pattern to match the baby's needs with milk production.

Wrap a towel or a cloth around your chest for an immediate patch-up.



Express breast milk at regular intervals.

Use washable or disposable nursing pads.



Wear an absorbent cotton bra.

Choose darker colors for clothing to hide breast milk stains.

