

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.





 ${\color{red} \textbf{Source:}} \ \underline{\textbf{https://www.momjunction.com/articles/causes-of-postpartum-breast-leakage-4-measure-to-prevent-it_0079957/}$