



## Sister Lilian Report Natural Silk Washable Breast Pads

**Sister Lilian, leading pregnancy and parenting advisor and author, writes about the benefits of nursing one's baby and the prevention and treatment of that most painful of nursing conditions, cracked nipples...**

The benefits of nursing one's baby are enormous! In short, the health benefits are tremendous - baby enjoys a superior immunity boost and better general health as a result. There is far less likelihood of allergies with prolonged nursing and orthodontic development is far superior. Economically speaking, nursing is also advantageous. Much research has been done into brain and nervous system development as well, which indicates distinct advantages to nursing babies.

Although nursing a baby may require intensive effort initially, it soon becomes much easier. There are no concerns about hygiene, food is always available, nutrition is perfectly balanced, easily digestible and adapts according to baby's individual needs. Digestive problems like constipation and colic are negligible too.

There are of course some challenges for inexperienced moms, especially in the early days of nursing a baby. Cracked nipples are one of these. This is an extremely painful condition and it takes a brave woman to go through the experience. Fortunately there is help at hand! The best preventative technique is for baby to latch correctly, behind the nipple onto the areola. If baby has an oral thrush infection this must be treated as it can be passed to your nipple area and be the real problem.

One should expose one's breasts to air after each feed and preferably to sun for two 5-10 minute sessions each day. Another very handy tip for sore or cracked nipples is to apply Calendula cream. Use of nipple shields is best avoided as these often exacerbate the problem and lead to insufficient emptying of the breast with blocked ducts and mastitis possibly resulting. Baby might also find it more difficult to learn to drink directly from the breast again.

In the early weeks, breast milk usually leaks between feeds and wearing breast pads will catch the spill. However, these need to be carefully chosen to not cause or aggravate cracked nipples. Carriwell's washable breast pads are carefully manufactured to avoid the common pitfalls of breast pads. They do not stop air circulation as they have a breathable, yet leak-proof layer. A soft cotton layer faces the bra, ensuring no catching and pulling of fabric threads. Next is an absorbent layer that will ensure that no matter how much milk leaks, the Carriwell breast pad will soak it up.

Against mom's sensitive nipple and areola skin, the inner natural silk layer of Carriwell's breast pad does more than ensure no irritation. Silk has natural anti-inflammatory properties, helping alleviate any redness and burning pain, caused both by incorrect latching or rubbing against the nipple of any other irritant. Should a mom have been unfortunate enough to have sustained fine cracks in nipple skin, this silk layer will have therapeutic value, helping heal the cracks. Silk is also naturally cool and this property soothes burning pain and hot tingling which is often experienced by women in the early weeks of nursing.

Carriwell's breast pads are fully washable and are snug and comfortable against a mother's breast.