Find Your Perfect Fit

A bra that fits properly is extremely important to a nursing mother. To determine your correct size, follow these simple steps while wearing a bra. Be sure to keep the tape measure level for proper measurement. Always try on bras before purchasing to determine the best fit.

**Band Size**
- Measure around the torso just under the arms, but above the breasts.
- If the measurement is an odd number, round it up to an even number.

**Cup Size**
- Measure around the fullest part of the bustline. Subtract the band size from the cup size.
- Each one inch difference equals a cup size:
  1" = A  2" = B  3" = C  4" = D  5" = DD

**Check Points**
- For best results, try on several different styles and sizes to find the best fit.
- **CUPS** If they aren't filled out, a smaller cup size is needed. If your breasts overflow at the top, push out to the sides or towards the center, try a larger size or a different style.
- **CENTER SEAM** This front seam should lie flat against your breastbone.
- **STRAPS** Make sure the straps don’t slip or leave ridges on your shoulders.
- **BRA BAND** The lower edge of the band should anchor below the shoulder blades. If it rides up, the strap may be too tight, the cups too small or the band size too large.