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**Menopause, Andropause And Other Hormone Imbalances**  
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**Choosing Maternity Bras For Maximum Comfort And Support**

**By Julia Tanner**

If you are new to pregnancy and breastfeeding, you may be a little overwhelmed with the

commitments of motherhood. Although this may feel like unknown territory, it is not as difficult as it may seem. For example, in choosing maternity bras, many of the same factors apply as regular bras. However, there are a few new considerations to keep in mind.

The key to choosing maternity bras is finding something that is comfortable and supportive. Because your breasts grow considerably during pregnancy and breastfeeding, you need something that can hold up to the challenge. If you have relatively small breasts, this will not be as difficult. However, the larger your breasts are, the harder it is to find something that will work effectively.

Typically, maternity bras that have wide straps are more supportive; this applies to shoulder straps as well as the torso band. While most women prefer something that is pretty, it really is more important to get something that works. Luckily, many of the maternity bras on the market today are attractive as well as effective. You just may have to look a little harder to find them. If possible, you should try on a few maternity bras before purchasing. Take into consideration that your body and breasts will continue to grow through pregnancy, that a lot of that weight will drop at birth, and that your breasts will continue to grow when breastfeeding.

Most maternity bras open to allow for breastfeeding. When you try on the bras, you should play with this feature and see how easily you can remove the breast. This may seem unnecessary, but when you are holding a baby with one hand and trying to open the bra with the other, you will understand why this is important! Complicated latches or awkward positioning will be a major hindrance when trying to breastfeed.

There are many places to purchase maternity bras. Many of the stores you are accustomed to shopping at, however, may not carry them. Shop around and visit several retail shops and maternity stores to widen your options. Shopping online is also a convenient option. You may want to check local stores, though to try on some of the brands available.

## Choosing Maternity Bras For Maximum Comfort And Support

Although you will want super-supportive maternity bras for day wear, you may also want to consider a more comfortable version for night wear. Most breastfeeding women can not go without a bra, as the weight of the breast may cause them to leak. On the other hand, few women want to wear a restrictive bra all day. Find a looser, more natural bra to sleep in that still allows for easy feeding.

Julia Tanner is a professional writer. More articles can be found at:

<http://www.pregnancychatroomspage.com>

,

<http://www.maternitybraspage.com>

,

<http://www.pregnancypillowspage.com>

### **Bras – A Guide For Single Fathers**

**By Ciara McGrath**

Bras have been around in one form or another since the ancient Greeks. They were originally designed to support the breasts for the woman's comfort, but now they come in various designs to provide breast shaping. Breast shaping bras include cleavage enhancing bras or push up bras.

Even as recently as 35 years ago nuns forbade girls attending Catholic schools from wearing bras, instead they had to use strips of material tied tightly around the breasts to try to make them smaller! Nowadays, even nuns wear bras.

Bras come in all shapes and sizes; from tiny soft bras for girls of 10 to very supportive under-wired bras designed for the fuller figure.

Did you know that 90% of women find their bras to be uncomfortable? This may be because research has shown that a similar percentage have poorly fitting bras, because they have never been properly measured.

Bras come in a very wide range of designs. Large breasted women find it difficult to buy attractive and feminine bras because manufacturers have been slow to provide a wide range of bras for this market.

Many sexy bra designs are primarily designed to be attractive to men. You can now buy translucent and transparent bras, wet-look bras and bras that are hardly there at all. Peephole bras allow the nipples to stick out.

Bra design has also changed to accommodate strapless and backless dresses and tops. After all it is pointless buying a low cut evening gown, with no back, and then spoiling the appearance with bra

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straps on shoulders and back.

Sports bras are basically highly elasticised skimpy tops, with no seams to rub. They are designed to provide support and stop the breasts bouncing around during exercise. They come in the various degrees of support necessary for different activity levels.

Ciara McGrath taught Chemistry for 28 years and has three daughters. Find more articles at

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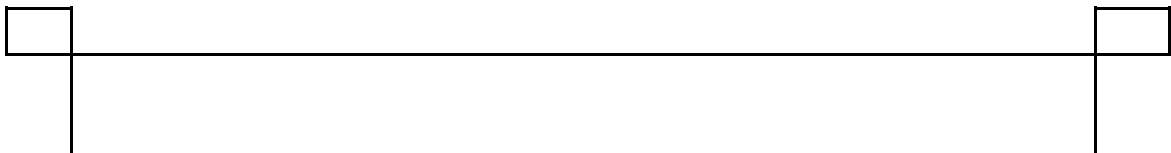
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