

Product Care Instructions

Follow these instructions for ongoing care of your My Brest Friend nursing pillow and breastfeeding accessories.

WASH

Slipcovers: original, deluxe, twin, travel nursing pillows

1. Unzip the slipcover and remove completely from the breastfeeding pillow.
2. Zip cover closed to protect zipper prior to washing.
3. Wash in warm water on the gentle cycle. Do not use hot water or bleach.
4. Do not put cover in the dryer. Air-dry the cover to prevent shrinkage.
5. For all professional nursing pillow slipcovers, wipe down with an anti-microbial wipe or spray.

WIPE

Slipcovers: professional nursing pillow

1. Use a soft cloth to wipe clean with anti-microbial spray.

SPOT CLEAN

Inside Cushion: original, deluxe, twin, and professional nursing pillows

1. Foam breastfeeding pillows should not be submerged in water or placed in the washing machine or dryer.
2. Use a damp cloth and mild soap to spot-clean.
3. Leave nursing pillow in a well-ventilated area to dry before replacing cover.

CLEAN

Travel nursing pillows

1. Unzip and remove the cover. Follow slipcover instructions above for washing.
2. Wipe the inflatable travel nursing pillow with a damp cloth and mild soap.
3. Wipe dry or lay out to dry before replacing cover.

For nursing covers

1. Wash in warm water on gentle cycle.
2. Do not use hot water or bleach.
3. Machine dry on low heat.

My Brest Friend Nursing Pillow Features and Benefits

No other nursing pillow on the market is designed to meet the specific needs of the breastfeeding mom and baby.

My Brest Friend is the only nursing pillow designed to perfectly position baby for latch-on while supporting mom's body where she needs it most. Mom is comfortable and at ease, while breastfeeding. Baby is nursing, healthy and happy.



My Brest Friend
is the Clear Choice

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Essential Features	My Brest Friend	Other Pillows
Supportive Back Rest	✓	
Complete Wrap-around Design	✓	
Secures to the Body	✓	
Stays in Place	✓	
Flat-top Firmness	✓	
Adjustable Fit	✓	✓
Ideal for C-section Tummies	✓	

Breastfeeding Instructions



Wrap the pillow around your body with the zippered side facing down. Adjust lumbar cushion to the location and thickness that feels most comfortable for your back. Let the pillow rest naturally on your lap.



Hold the baby so that he/she is facing you. Support the baby's head, neck and shoulders with your hand, placing your thumb behind and below one ear, your index finger behind and below the other.



Using the hand behind your baby's head, tip his/her head back slightly so that the chin is closer to the breast you are offering than the nose is.



Support the breast with your hand. Your thumb should be about an inch or two behind the nipple, and your index finger should be directly across from your thumb and index finger together slightly, compressing the breast right in front of the baby's nose and just below the chin. This will shape the breast to match your baby's mouth.



Continuing to compress the breast with your thumb and index finger, align the baby's nose with your nipple and touch the baby's upper lip with the nipple. When the baby opens his/her mouth very wide, quickly pull the baby onto the breast, chin first. The baby should take more of the tissue below the nipple than above. Keep your fingers in place compressing the breast, until the baby is actively sucking.