

How to Size



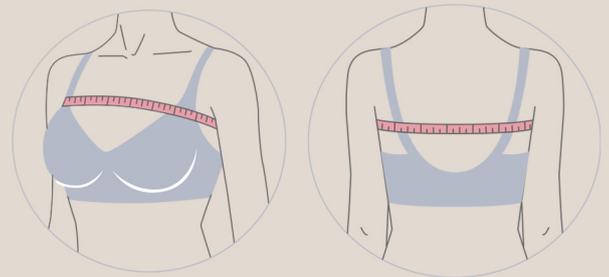
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DESIGNS
NURSING BRAS

Before You Begin

- Grab a measuring tape, pen and paper
- Be in front of a mirror
- Wear a non-padded bra that reflects your true shape
- You'll need to determine your rib band and cup size measurements in inches.

STEP 1: Over Bust Measurement

Measure your chest above your breasts - make sure the tape is around your back and under your armpits. Check in the mirror to ensure the measuring tape is parallel to the floor along your back. The tape should be snug around your body without any fingers underneath the tape. If you are in between band sizes, round up or down to the nearest even number. This will be your rib band size (34, 36 etc.).



STEP 2: Bust Measurement

Measure around the fullest part of your breasts, over your nipple area. This is a looser measurement than the rib band measurement. While holding both ends of the tape with one hand at the side of your breast, use your free hand to press the measuring tape in between your breasts to your chest. This will provide a more accurate cup size.

