

Directions for hands free pumping bra.



Materials:

- 1 Regular, non-nursing bra (I got this one at Walmart for \$2.99 on clearance). Look for material that isn't too stretchy in the cup and will be easy to sew and work with.
- 2 Complete hook and eye sets (preferably kind of big)
- 2 Hooks only (smaller ones, regular bra hook sized)
- 1 small scrap of fleece

Directions:

First try on the bra with your pump horns handy. Over the top of the bra, place the pump horn where it would go if you were pumping. Mark the top and bottom of the pump horn with a fabric pen over the center vertical line where you will make the cut.

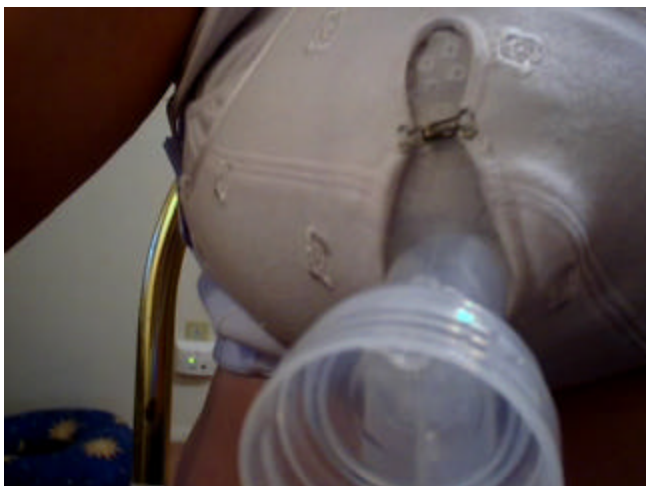
With the top and bottom of the hole marked, make a mark appx. 1" above each. You will actually be cutting between these marks, NOT where you placed the horns originally. Cut between your new marks so that the cut is wide enough to feed a horn through like a buttonhole, but is 1" above where you placed it while trying on your bra. (Kind of a key hole effect, the horn "stem" will then rest at the bottom of the hole, but still be in the right place making it more secure)

Take a small scrap of fleece and place it on the front of the bra over the hole you cut. From the back side of the bra sew about $\frac{1}{4}$ " of an inch around the hole you cut in the cup. Cut the fleece to match the center cut in the cup and flip the fleece to the back side so that it is on the inside of the bra cup. Now stitch around the hole again about $\frac{1}{8}$ " away, securing the fleece and making a sturdy hole. Cut the fleece to about $\frac{3}{4}$ " on all sides of the hole and hand tack it to the cup around the outside edge.



Repeat for the second cup.

Put the bra on again; only this time, place the horns through the holes. When horns are comfortably positioned, mark where you will place the hook and eye to secure the horn in place while pumping, then hand stitch the hook and eye in place. (Velcro or other fasteners might work for this, but I had hooks & eyes handy.)



At the top of the cup, where the cup meets the bra strap, sew one of the small hooks.

Using the hands free pump bra:

The bra can be worn on its own with the straps up, but it can also be a pain to have to put on a bra each time you pump. The hooks at the tops of the straps allow you to use it with a regular nursing bra. Just lower your cups and use the hook at the top to hook into your nursing bra eyes (will not work with all bras though, only those that use hook and eye closures or have an eye at the top like Medela bras) then you don't have to take your shirt off or even take your arms out of your shirt to put on the pump bra.



It is also handy for tandem pumping, just keep one side down.....(here my regular nursing bra is on under the pump bra one side of the pump bra is down so I can nurse.



And finally, this is what I look like when I pump in my car, or in front of people. I just pull a stretchy shirt over my horns and no one can see anything specific. (This is how I pump and drive 😊)



Bra and directions made by Karen Mellentine, 2003.