

Nursing pads - Mothers with limited resources are very pleased to receive these as small gifts; even a packet of 12 helps .

Nursing bras

WHY: This is a key item for breastfeeding mothers with limited resources, and can serve as a valued incentive.

HOW: Use a combination of good relations with vendors and a home visiting program.

- a- We were able to develop a relationship with 2 generous vendors (see “Champions”). Vendors provided donations of discontinued models and discounted purchase of regular and sale models.
- b- Lactation counselors (could be anyone trained to measure bra size) made a home visit to fit the mother and determine bra size, which was followed by bra delivery at home (we used standard USPS mail service).