

How to Assemble the Leading Lady Tape Measure

1. Print out the measuring tape template (on page 2) on 8.5" x 11" paper.

Make sure you don't have "fit to page" selected in the print dialog box. If you print with the "fit to page" option selected, the page will be adjusted to fit your printer's margins, and the measurements won't be accurate.

2. Cut out the measuring tape pieces, making sure you don't cut off the sections labeled "Glue Here".
3. Glue (or tape) the second section of the tape to the first section. Start by placing glue on the "Glue Here" shaded box. Place the beginning of the second section over the shaded "glue here" box, making sure that the grey box is completely covered. Repeat this process with the rest of the sections.

Allow the glue to dry before using.

Find Your Perfect Fit

A bra that fits properly is extremely important to a nursing mother. To determine your correct size, follow these simple steps while wearing a bra. Be sure to keep the tape measure level for proper measurement. Always try on bras before purchasing to determine the best fit.



Band Size

- Measure around the torso just under the arms, but above the breasts.
- If the measurement is an odd number, round it up to an even number.



Cup Size

- Measure around the fullest part of the bustline. Subtract the band size from the cup size.
- Each one inch difference equals a cup size:
1"= A 2"= B 3"= C 4"= D 5"= DD

Check Points

For best results, try on several different styles and sizes to find the best fit.

CUPS If they aren't filled out, a smaller cup size is needed. If your breasts overflow at the top, push out to the sides or towards the center, try a larger size or a different style.

CENTER SEAM This front seam should lie flat against your breastbone.

STRAPS Make sure the straps don't slip or leave ridges on your shoulders.

BRA BAND The lower edge of the band should anchor below the shoulder blades. If it rides up, the strap may be too tight, the cups too small or the band size too large.

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