

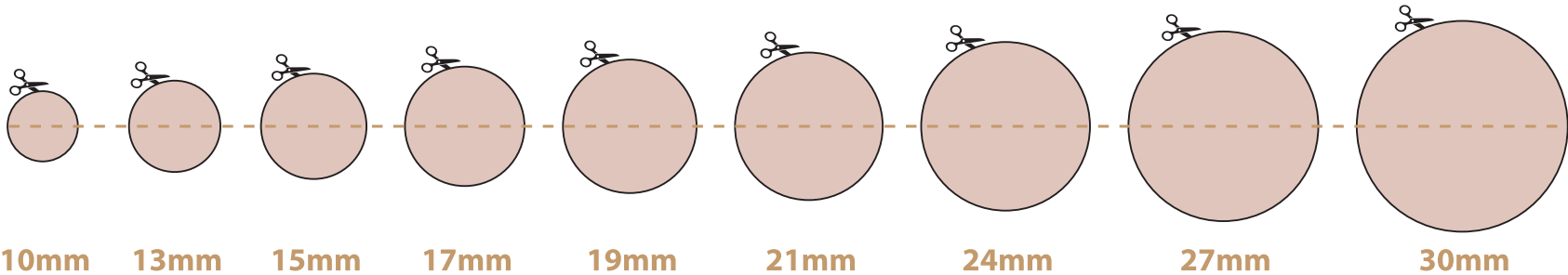


Nipple Measuring Tool



South Africa's most trusted
breastfeeding bar

FOLD LINE




CUT LINE


HOW TO USE THIS TOOL:


1. Print this sheet out on an A4 sheet of paper. To ensure accurate measurements, make sure to PRINT TO SCALE (full size / 100).
2. Cut out the measuring tool on the CUT LINE where indicated.
3. Fold the paper along the FOLD LINE where indicated to easily cut the circles.
4. Carefully cut the circles out, then unfold the paper.
5. Place each hole around your nipple until you find the one that fits most snugly, without any areola visible.

NEED ASSISTANCE?

Still not sure what size is best? Do you have flat or elastic nipples or pumping still hurts even with the correct size? Our Lactation Consultant is available to assist with any advice you may need:

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#MakeMoreMilk

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