

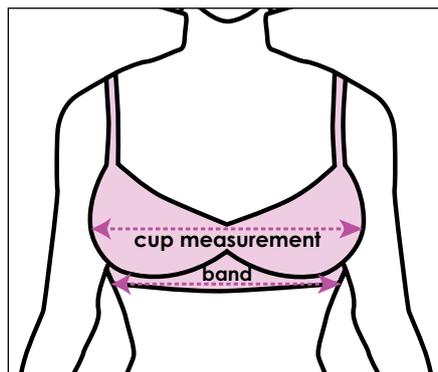
## HOW TO MEASURE YOUR MATERNITY/NURSING BRA SIZE

It's a good idea to re-measure your bra size as everyone's bust increases at various rates while they're pregnant and breastfeeding. In general, your band size, that's the measurement under your breasts and around your torso, will stay the same. It's normally your cup size that will increase a size or two up.

Here's a guide on how to take the measurements. The measurements below are in inches (with metric conversions) as bra sizes are measured this way.

### Band Size:

Put a tape measure under your armpits, around your body, just underneath your breasts. Make sure to keep the tape measure flat, horizontal and fairly snug. If this measurement is an even number, this is your band size. If it's an odd number, add 1" (2.55cm) (for example, a measurement of 33" (84cm) should be rounded up to the next even number, 34").



### Cup Size:

While wearing a bra, measure loosely around the fullest part of your bust. Next, subtract your band measurement from your cup measurement. Each inch difference represents a cup size. For example: if your band measurement is 34" (86.3cm) and your bust measurement is 36" (91.4cm), the difference between these measurements is two inches (about 5.1cm) so your cup size is B.

### A Few More Tips:

The correct band size is when you can wear the bra comfortably

ably on the loosest hook (can be tightened as the elastic begins to wear out). It needs to be tight enough that the bra is still fairly supportive without weighing down heavily on the shoulder straps or pinching your back and rib cage too much. The band should fit comfortably and lay even from front to back.

If the band is roomy enough for you to comfortably fasten it on the tightest adjustment, you may need to try a smaller band. Remember to change your cup size if you change band size. For every band size you go down, you must go up by one cup size in order for the cups to remain the same capacity, and vice versa. If the bra is too big around the body requiring an adjustment from a 34B to a 32, try changing to a C cup. Conversely, if you go from a 34B to a 36, try changing to an A cup.

You should completely fill out the cup with no wrinkling of the fabric or space in the cups. You should not bulge out anywhere, even in low cut or pushup bras. The bra should be secure under the arm, in the center, and the entire bust should lay within the wire (if the bra has a wire). The wire should not be sitting too low on the rib cage or off the bust on the flesh by the underarm.

These steps are ONLY a guide as the style or the fabric can cause differences in the fit. We're always happy to exchange if the size isn't quite right.

The following chart shows an example calculation for a band size of 34" or 86.36cm

Band Size	Difference between Cup and Band Measurement	Cup Size	Resulting Bra Size
34" (86.36cm)	1" (2.55cm)	A	34A
34" (86.36cm)	2" (5.1cm)	B	34B
34" (86.36cm)	3" (7.6cm)	C	34C
34" (86.36cm)	4" (10.25cm)	D	34D
34" (86.36cm)	5" (12.7cm)	DD/E	34DD/34E
34" (86.36cm)	6" (15.25cm)	DDD/F	34DDD/34F
34" (86.36cm)	7" (17.78cm)	G	34G

This chart shows conversion from Australian/UK sizing to EU/US sizing

AU/UK	US/EU
10A	32A
10B	32B
10C	32C
10D	32D
10DD	32E/DD
10E	32F/DDD
10F	32G

AU/UK	US/EU
12A	34A
12B	34B
12C	34C
12D	34D
12DD	34E/DD
12E	34F/DDD
12F	34G

AU/UK	US/EU
14A	36A
14B	36B
14C	36C
14D	36D
14DD	36E/DD
14E	36F/DDD
14F	36G

AU/UK	US/EU
16A	38A
16B	38B
16C	38C
16D	38D
16DD	38E/DD
16E	38F/DDD
16F	38G

AU/UK	US/EU
18A	40A
18B	40B
18C	40C
18D	40D
18DD	40E/DD
18E	40F/DDD
18F	40G