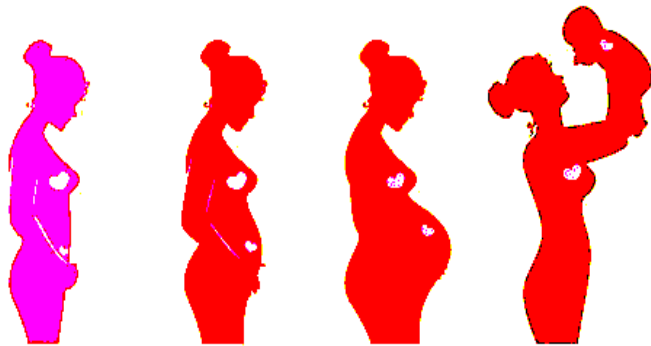


Many sisters focus on buying cute maternity clothes because being pregnant feels like you are going to be this size forever. Honestly, the truth is we need to also focus on postpartum. For most sisters, what we wore pre-pregnancy or even during pregnancy, we might not be able to wear postpartum for many different reasons. This article will focus on the top three reasons for updating your wardrobe after having a baby and some tips on how to do so.

## Size

It is no secret that your size will change throughout the stages of pre-pregnancy, pregnancy and postpartum.



During my last pregnancy I could not wear anything tight around my waistline. So, having a slim waist before pregnancy made a lot of my skirts and underwear really uncomfortable during my second trimester even with the elastic waist. I had to go up from a small to a large just like that. A lot of sister's feet may swell during pregnancy, to the point where they cannot wear their shoes they owned before pregnancy. Then, after you have the baby

you may realize that many of the things you brought during or even before pregnancy are either too big or small. For me, all the clothes I bought during pregnancy were too big and what I had worn before pregnancy was just too small. I had to start shopping for mediums in women's and could no longer squeeze into junior tops.

## Style

We all have our own unique style. Before becoming a mother for the first time, my style was completely different than what it is now. Even though my style has changed throughout the years, it has always focused on me being comfortable. That should be everyone's goal when finding their new style postpartum. You may not think that you need a new style after having a baby for the first time, and it is not necessary for everybody. For me, I had to switch it up. I realized I had an immature style and wanted to improve my wardrobe with more dresses rather than the simple skirt shirt combos I had in my closet.

## New Mom New Clothes

After having someone take over your body for 9 months and tell you what they want you to eat, you would want to reclaim your body. Start by wearing clothes that make you feel like you again. It does not matter if you are on your fourth baby or your first, after giving birth to a newborn you should want to regain confidence in your body. Giving birth to a new baby requires a wardrobe update. You may have to switch out your Victoria secret bras for some inexpensive nursing/ sports bras, but that does not mean you cannot still be cute, comfortable, and confident. Although there are few changes you have to do to your wardrobe, it is nothing you cannot add your flair to. Here are a few tips on how to hook up your wardrobe after delivery:

- **Nursing dresses**- It may seem impossible to breastfeed in a dress without having to completely undress, but there are some cute comfortable dresses that are made for breastfeeding. You want to avoid a steep V neck nursing dress for the sake of modesty. Many dresses come with a flap and some are made to pull down without stretching out the neckline and having a droopy neck dress.

- **Cardigans and blazers**- Not only are they cute additions to any outfit, but they can also double as breastfeeding covers. They can add layers to your outfit without making you look bulky and too comfortable when out in public. These options also help cover the postpartum belly that lingers for a few weeks after giving birth which is why you should avoid hoodies or puffer jackets.



- **Cute nursing bras**- Believe or not there are some cute nursing bras that do not make you feel like a 24-hour milk machine. They are not made by Victoria's Secret however, there are cute patterns and material that will add some sass to your wardrobe. You more than likely would not want a pushup bra if you are frequently engorged but make sure that whatever type you choose, that you go up a size or two and that the material is comfortable.



- **High waist maxi skirt**- These are reliable and cute when it comes to concealing your body shape. Which many of us want after giving birth. They cover up the belly and are wide and flowy which gives your lower body a mask. That is always a plus while going through postpartum body changes.

As it is a commandment for us to have children according to Genesis 1:28 "And God blessed them, and God said unto them, be fruitful, and multiply, and replenish the earth and subdue it:". We know that being fruitful and multiplying will be an ongoing cycle. You do not have to go out and buy a whole new wardrobe after every pregnancy, but it is important to rebuild your confidence. You can do that through your wardrobe and other ways. Most importantly stay in the scriptures and stay praying. **Shalom MHNCB!**