



Mumsy Midwife

“During pregnancy and in the months after, the one part of your body that gets overlooked is your breasts. They say around 70% of women are wearing the incorrect sized bra, which has little implication if you aren't pregnant or breastfeeding, but if you are, it's essential you have the right size.

The Carriwell GelWire® Nursing Bra is fantastic as it moulds to your ever changing shape, altering by up to 2 cup sizes depending on your breasts. They say you should avoid underwired bras as they are uncomfortable but the special gel wire ensures comfort without restriction and supports the breasts when they are at their most tender. They come with added ease for use out and about, meaning you only need to expose as much as you're happy to when feeding in public, whether that is just a tiny bit or the whole breast.

As a midwife and mum I think these are a fabulous addition to any pregnancy and postnatal wardrobe, gone are the days you had to buy boring and unsupportive nursing bras, go out knowing that at least that part of your body is taken care of, whilst you look after another little body”

Clare, The Mumsy Midwife



Clare is a midwife, she has previously worked at University Hospital Coventry and Warwickshire, a high risk and regional centre for pregnancy, and George Eliot Hospital, a midwife led unit in Nuneaton, as both a hospital midwife and community midwife. Through her role she has had extensive experience in high risk pregnancies, homebirths, waterbirths and looking after women in the antenatal and postnatal period.

Since qualifying in 2012, Clare has gained many extra skills including obstetric scanning in early pregnancy and contraception. Clare's passion is supporting parents-to-be in preparation for their labour and birthing journey and for the fun of facing life with a baby!

In her spare time Clare is the writer and founder of www.mumsymidwife.com and writer for BabyCentre as a resident blogger, she also blogs for Huffington Post occasionally. Clare got into blogging whilst she was pregnant, detailing her life as a midwife becoming a mum. Now that her little one is here, she enjoys blogging about the realistic side of parenting, with absolutely no sugar coating. She also openly talks about her battle with postnatal depression and has a special interest in maternal mental health in her blog and at work as a midwife.