

KINDRED BRAVELY

BY MOMS. FOR MOMS.



BY MOMS. FOR MOMS. FROM THE HEART. FROM THE BEGINNING.

Moms. That's who we are and who we serve. That's our whole story. Whenever we're making any decision, from colorways to content, we think about a real mom on the rollercoaster ride of pregnancy and postpartum. Will it make her life easier, better, more comfortable? Will it help her?

Because becoming a mom is unlike anything else in the world. The unimaginably huge, endless, ever-growing capacity for love. We know that love well, and, yes, that is part of becoming a mom. But becoming a mom is also taking on the physical and mental loads of motherhood. We get all of that. Because we're moms, and

motherhood is a both-and thing. Both incredible. And incredibly hard. As a female-founded and led company (all of the members of our leadership team are moms – except one, he's a dad!), when we say we get it, we get it. Because we've been there; we are there.

We've been your go-to for comfortable, functional maternity & breastfeeding clothes since 2015, helping you on the transformational journey of motherhood. We also bring you a supportive community, best-in-class customer care, and relatable, educational content – all intended to make things easier for moms. Experience the quality you deserve at kindredbravely.com.

MOM-APPROVED NURSING & PUMPING BRAS



FSA/HSA ELIGIBLE*

Sublime® Hands-Free Pumping & Nursing Bra

The game-changer for postpartum moms. This award-winning bra features a unique, patented double-layer system that allows you to choose whether you want to pump, nurse, or do both at the same time – giving you the feeding flexibility you won't find anywhere else.



FSA/HSA ELIGIBLE*

Sublime® Contour Hands-Free Pumping & Nursing Bra

The sleek pumping T-shirt bra you've been dreaming of! With a flattering silhouette and supportive molded cups that smooth, shape, and separate, the innovative Contour Pumping Bra combines a classic bra design with hands-free pumping functionality.



Simply Sublime® Nursing Bra

Classic, award-winning comfort. The ideal everyday bra, providing the full coverage and support that pregnant and breastfeeding moms love – with a smoothing silhouette that pairs perfectly with any outfit. Plus, it works great with wearable pumps!

Wondering where to start?

Our Bra Style Guide will help you learn more about our bras so you can decide which one is best for you!

[Learn more](#)

Save 20% on mom favorites!

Take 20% off our award-winning nursing & pumping bras, must-have nursing pajamas, and so much more!

[Shop now](#)

WWW.KINDREDBRAVELY.COM • @KINDREDBRAVELY    

*may be eligible for full or partial reimbursement



KINDRED BRAVELY
BY MOMS. FOR MOMS.

What's the Best Nursing Bra for Me?

To help you find the right maternity and breastfeeding bra, we're giving you a quick rundown on some of Kindred Bravely's many award-winning bras. For certain styles, we'll share feedback from our team of moms. Each of our bras is carefully designed to meet the unique needs of pregnant and breastfeeding moms, and we hope these insights will help you decide which one is right for you.

NURSING BRAS

Simply Sublime® Nursing Bra

Classic, award-winning comfort. The Simply Sublime Bra is the perfect everyday bra, providing the support and full coverage that pregnant and breastfeeding moms love - with a smoothing silhouette that pairs perfectly with any outfit. It even pairs well with wearable pumps!



Who will love it? Any pregnant or nursing mom who wants great coverage, stretchy fabric, and wire-free support with a smooth look.

"I love the Simply Sublime Bra in Large. The softness of the material and the overall stretch were a true gift to my nipples and breasts, which were sensitive from my baby's latching difficulties. Then I tried the Large in Busty sizing and fell even more in love with the full coverage it provides! The wider straps and fuller cups gave my milk-heavy breasts a bit of extra lift and support that I didn't know I was missing. I highly recommend trying the Busty or Super Busty if you're a DD/E cup or above!"
- Hannah

Signature Sublime® Contour Maternity & Nursing Bra

Bye-bye, bunched padding. The comfy, contemporary Contour Bra is the fixed padding nursing T-shirt bra you've been searching for, providing effortless contouring and comfort from pregnancy to postpartum.

Who will love it? Anyone who loves a T-shirt bra that smooths, shapes, and separates. It's like your favorite molded cup bra - but with nursing clips (and it's super comfortable!)

Sublime® Nursing Sports Bra

Because motherhood is a workout. Perfect whether you're taking a walk, doing yoga, lifting weights, or lifting kids, this racerback nursing sports bra is made from moisture-wicking fabric that will keep you dry and comfortable whether you're working out or working from home.

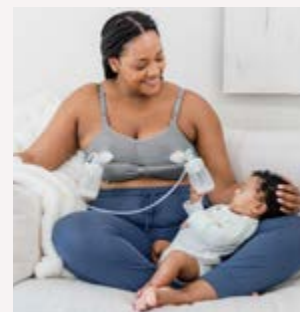
Who will love it? Anyone pregnant or breastfeeding. With the perfect support for low-impact activities, this nursing & maternity sports bra is comfortable enough to be the extra motivation you may need to get more movement in your life.

"I love my Sublime Nursing Sports Bra so much! I find it supportive and sooo comfortable to wear, unlike other sports bras that I've tried. It's not just for my workout sessions. It's also my everyday bra." - Kristin

PUMPING BRAS

Sublime® Hands-Free Pumping & Nursing Bra

The game-changer for postpartum moms. The unique, patented double-layer system allows you to choose whether you want to pump, nurse, or do both at the same time - giving you the feeding flexibility you won't find anywhere else. Just unclip our innovative EasyClip™ and breastfeed your way.



Who will love it? Anyone who plans on pumping - and especially daily pumpers! This hands-free pump bra eliminates the dreaded pumping wardrobe change and allows you to move seamlessly from work to pumping and back. It saves you time and simplifies your pumping life.

KINDRED BRAVELY

BY MOMS. FOR MOMS.

"The **Sublime Hands-Free Pumping Bra** was a key piece in my breastfeeding journey. It helped make pumping while at work and away from my baby SO much easier. I didn't dread the process, and it helped save time, which is very, very precious as a mom." – Lisa

Sublime® Hands-Free Pumping & Nursing Sports Bra

The all-in-one pumping & nursing bra made sporty. This pullover style combines our Hands-Free Pumping Bra's functionality with the performance fabric of our Nursing Sports Bra. It has our patented double-layer system, so you can wear the same bra all day for pumping, nursing, or both at the same time.

Who will love it? Any pumping mom who prefers a sportier style. The supportive wireless construction securely holds those bottles of liquid gold in place while the four-way stretch comfortably accommodates changing breast size between feedings.

Signature Sublime® Contour Hands-Free Pumping & Nursing Bra

The sleek pumping T-shirt bra you've been dreaming of! With a flattering silhouette and supportive molded cups that smooth and define, the innovative Contour Pumping Bra combines a classic bra design with hands-free pumping functionality.

Who will love it? Anyone who loves the sleek silhouette T-shirt bras provide. It's especially great for working moms who need a bra that looks smooth under clothes while allowing for quick pumping and nursing access.

Sublime® Bamboo Hands-Free Pumping Lounge & Sleep Bra

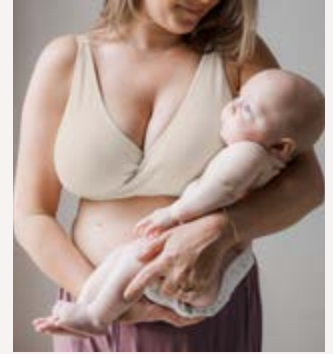
Pumping moms deserve a good night's rest! Our Sublime Pumping Sleep Bra simplifies nighttime pumping sessions by combining the comfort of a sleep bra with easy pumping access. Simply lift the outer layer, and slide your flanges through the openings in the inner layer. It's the ultra-comfy pullover pumping bra that helps you get back to sleep.

Who will love it? Pumping moms who don't want to change clothes in the middle of the night to pump (or who don't want to sleep in a pumping bra with clips, zips, and all the rest). We also love it for lounging (and we'd never take it off if we didn't have to wash it).

SLEEP/LOUNGE BRAS

Sublime® Adjustable Crossover Nursing & Lounge Bra

Best-in-class for comfort, before and after baby. You'll reach for this dreamy pullover bra over and over (trust us!). This ultra-soft bra is perfect for sleeping, lounging, and running errands, and the simple crossover design allows for easy nursing access once your baby arrives.



Who will love it? Fans of comfort who want light support with fabric so soft they'll forget they're wearing a bra (in the best way)! With easy pull-aside nursing access, this one's great as a sleep bra or an everyday bra.

"The **Sublime Adjustable Crossover** is the most comfortable bra I have ever put on. I had to buy another one just so I could put the one I was wearing 24/7 in the wash!" – Kim

French Terry Racercut Nursing & Sleep Bra

Simplicity at its finest. The fan-favorite French Terry Bra features a simple crossover design and super-soft, stretchy fabric - perfect for sensitive breasts before and after baby. This padding-free lounge bra pulls aside for nursing and skin-to-skin contact, and the racercut cut gives it light support. Our first-ever bra design, it was recently updated to make it even softer, stretchier, and comfier.

Who will love it? Anyone pregnant, postpartum, or beyond who wants to wear a bra without feeling like they're wearing a bra, or anyone looking for a bra with easy nursing access and light support that will keep nursing pads in place (middle-of-the-night leaks are the worst).

"I love the **French Terry Racercut**! I wear it all the time when I want a sporty look under clothes but don't want to feel compressed all day long. I also wear it anytime I'm traveling and just want to be comfortable." – Deeanne

Whether you're nursing or pumping, working from home or commuting, having your first baby or your fifth, we have a bra that will help you find the perfect shape while also being supportive and comfortable.

If you have any questions about **bra fit** or sizing, please don't hesitate to reach out to the Kindred Bravely **Customer Care Team**; we're happy to help you find the right size and style to suit your changing body.

Wondering where to start?

Our Bra Style Guide will help you learn more about our bras so you can decide which one is best for you!

[Learn more](#)

Save 20% on mom favorites!

Take 20% off our award-winning nursing & pumping bras, must-have nursing pajamas, and so much more!

[Shop now](#)



What Clothes to Wear After a C-section

No journey into motherhood is easy, but C-section moms often endure incredibly strenuous labor and recovery experiences, not just physically, but mentally and emotionally as well.

You survived months of growing a baby and had major surgery. Maybe you were scared, maybe you were relieved, or maybe you didn't have time to think about how it would impact you. No matter what, you should be so proud of yourself.

Since a C-section is a major surgery, you might have pain, soreness, itching, numbness, open wounds, constipation, mobility restrictions, sexual discomfort, and delayed milk flow. Take it easy on yourself as you heal; it really is a process.

As a company by moms for moms, we wanted to share some of our favorite post C-section clothes - as well as a few C-section recovery tips - to help you feel a bit cozier as you recover. We're partial, of course, but these Kindred Bravely pieces really are the most comfortable clothes for cesarean section recovery and beyond!

These bump-friendly, C-section-incision-friendly, and nursing-friendly clothes (yup, they're very friendly) are perfect for packing in your **hospital bag** - along with some of our award-winning **nursing bras** and a cute **going-home outfit** for you (and your babe)!

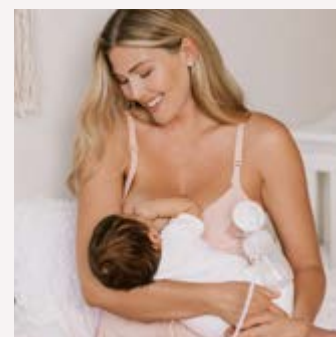
Without further ado, moms on the Kindred Bravely team tell us what to wear after a C-section.

"Our **Bamboo Wide Leg Maternity & Postpartum Lounge Pant** and **High-Waisted Postpartum Underwear** were amazing, as well as the



Clea Bamboo Long Sleeve Pajama Set. I would've loved to have had the **Sublime® Bamboo Maternity & Postpartum Bike Short** since they're seamless!

Also, the **Sublime® Hands-Free Pumping & Nursing Bra** saved me the second time around. There's so much going on postpartum, and my babies were both in the NICU. One was tube-fed, so I was exclusively pumping. Not having to sit still and hold my pump in place for 20 minutes at a time, 6-7+ times a day, was so nice. I wish I'd had it my first time around.



I also preferred the **Universal Labor & Delivery Gown** to my own clothes (or a stiff hospital gown!) while in the hospital."
- Kari, 2X emergency C-section mom

"The **High-Waisted Postpartum Underwear** was my lifesaver after my C-section! (I really had no idea how important a comfortable pair of undies could be!) I loved that they fit a gel pack or pad, and they were super soft and didn't irritate my C-section incision.

The five-pack was nice because laundry is the last thing you want to do when recovering. I bought two packs, which was perfect!

I also loved and lived in the **Premium Maternity Compression Socks** and the **Emmaline Robe**. My legs were so swollen that I needed compression socks to reduce the swelling. The robe gave easy access for breastfeeding and was super soft!"
- Kristin, 1x C-section mom

KINDRED BRAVELY

BY MOMS. FOR MOMS.

“After both of my C-sections, I needed everything to be as high rise as possible to stay far away from my incision.

Our **Bamboo Wide Leg Maternity & Postpartum Lounge Pant** is unbelievably soft and have the high waistline needed in recovery. I also am obsessed with the **Chloe Cardigan Sweater**, and it was the perfect throw-and-go for trips to the NICU or a chilly walk around the hospital.”
– Marissa, 2x emergency C-section mom

“The **Clea Bamboo Long Sleeve Sleep Shirt** 100%! You couldn’t pay me to wear anything with a waistband for weeks post-op.”
– Sophia, 1X emergency C-section mom

Bonus! The moms on our team who’ve had C-sections offered these tips for recovering when you’re home from the hospital:

- Use a stool softener, eat fiber-rich foods, and drink tons of water - a must for postpartum bellies handling pain medication.
- Believe the doctors when they say to move around - even if it’s just to the snacks!
- Keep a pillow nearby to hold against your belly when you sneeze, cough, or laugh.
- A nursing pillow is great for breastfeeding, as it keeps your baby’s weight off your cesarean incision.
- Practice breastfeeding in **the side-lying and clutch/football-hold** positions.
- If you need breastfeeding support, reach out to a lactation counselor or **IBCLC**.
- With your doctor’s permission, use a C-section scar treatment cream on your incision so it doesn’t itch. If permitted, keep up with your belly balm or belly oil to help with overall itchiness.
- Allow yourself to heal emotionally. You can find support on the International Cesarean Awareness Network’s website: ican-online.org.

As moms, we understand that C-section recovery can be very tough. Know that we’re rooting for you, hoping our clothes and tips can bring you some comfort as you get to know your little love.

Here’s to a speedy recovery.



Wondering where to start?

Our Bra Style Guide will help you learn more about our bras so you can decide which one is best for you!

[Learn more](#)

Save 20% on mom favorites!

Take 20% off our award-winning nursing & pumping bras, must-have nursing pajamas, and so much more!

[Shop now](#)