

Fiberliciousness for the Nursing Mom

Written by [Laurel Haring](#) Monday, September 08 2008 15:40



In case you didn't know it, knitting and crocheting are booming like never before. The good news for you, nursing or expectant mom, is that this needlework doesn't need to be confined to booties, hats and blankets. A wonderful world of hand-made goodness awaits you!

Let's talk about you and what you might enjoy using after the baby arrives, shall we? Your sweet baby is sure to receive at least one knitted or crocheted item. But what about you, mom? If you don't receive something for yourself, there's nothing keeping you from knitting a little this or that for yourself ... or asking someone you know to make it for you.

Over at [Ravelry](#), an awesome place for anyone who knits, crochets, weaves, spins, or has anything to do with the fiber arts, I did a quick search to see what there might be in the way of patterns for the nursing mother. Let's see what we've got...

Wool Nursing Pads – If you're a camper or hiker, you know to wear cotton socks next to your skin but wool socks over top. Cotton and wool are both absorbent, but wool wicks moisture away from your skin. Kathryn Tewson has designed wonderful nursing pads ... of wool. Who would have thought? Her knitting pattern was published by [The Burning Hand](#), and here's the pattern's [link](#). Naturally, wool breast pads aren't going to work for everyone, but they may be just the thing for you or for someone you know. If crochet is more your style, here's a [link](#) to crocheted nursing pads designed by Maxine Alexander over at [borntolove.com](#).

Shawls and Wraps – Here's something that you can use before, during, and after your nursing days. There are literally hundreds – thousands – of patterns for shawls and wraps on the Internet and in your library. The only requirements are that it be big enough and with a tight enough stitch pattern to allow you to nurse discreetly and with adequate coverage.

Queen of Hearts Nursing Sweater – This design, by Louisa Harding, was published in "Natural Knits for Babies and Moms." It features a rectangular panel that is attached to the front of the sweater by two rows of buttons. It's sort of double-breasted, if you'll pardon the atrocious pun. (However, you might want to have the buttons in place just for show, backing them with snaps, hooks, or whatever you'll find easiest to manipulate with one hand.) Look for the book at your local library or bookstore.

Peek-A-Boob Tank – Josie Mercier is a genius. She’s designed a tank top that is sporty and looks comfortable while providing ready access for nursing. The bodice of the top features two triangular flaps that cover triangular openings in the fabric underneath. If you didn’t know it was a nursing top, you never would have guessed that it was one. Josie’s [pattern](#) was published over at [Knitty](#), a free online knitting magazine.

Breastfeeding Advocacy Washcloth – [Susie Q. Homemaker](#) has posted a pattern that even beginner knitters will find easy to make. You can check it out [here](#). Make lots, because, as we all know, you can never have too many washcloths when you have a baby.

So limber up your knitting needles and crochet hooks and feather your nest with handmade goodness just for you.

Laurel is a writer and editor. She and her family live in Delaware. Laurel absolutely loves Ravelry and is a member of 63 groups ... and counting.

Photo of hand-spun yarn by Laurel Haring.

<http://www.typeamom.net/fiberliciousness-for-the-nursing-mom.html>