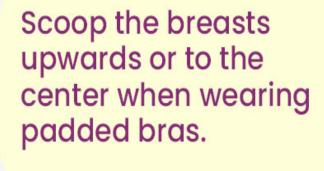


Avoid stretchable bras as they may not provide a lift.







Wear a bra with sufficient side support to prevent gaps.

Images: Amazon

Mom Junction

Source: https://www.momjunction.com/articles/_00/