



LA LECHE LEAGUE INTERNATIONAL

The leading source of breastfeeding support and information

THE WOMANLY ART OF BREASTFEEDING

From pregnancy to weaning, the one book every nursing mother needs by her side

COMPLETELY REVISED AND UPDATED 8TH EDITION

Diane Wiessinger

The Womanly Art of Breastfeeding: Completely Revised and Updated 8th Edition



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It's no secret that breastfeeding is the normal, healthy way to nourish and nurture your child. new insights into older approaches toward latching and attaching, ages and levels, and answers to the most-asked questions Now their traditional bestselling guide provides been retooled, refocused, and updated for today's mothers and lifestyles.s range of nursing advice, tales, and information Working mothers, stay-at-home moms, one moms, and moms of multiples will all take advantage of the book'from preparing for breastfeeding during pregnancy to feeding cues, from nursing positions to expressing and storing breasts milk. latest scientific data that highlight the many lifelong health advantages of breastfeeding In addition strategies for mothers who choose to breastfeed for a short while or who plan to nurse for a yr or more from avoiding sore nipples to simply enjoying the amazing bonding encounter Dedicated to supporting nursing and expectant mothers, the internationally respected La Leche Little league has set the typical for educating and empowering moms in this natural artwork for generations. real-mom wisdom on breastfeeding easily guidance on breast medical issues, weight gain, time care, colic, postpartum despair, food allergies, and medications reassuring information on nursing after a C-section or delivery problems With all-brand-new photos and illustrations, this ultimate support bible presents tips for building your support network There is no better beginning for your baby compared to the womanly artwork of breastfeeding. nursing special-needs infants, premies, multiples, and how exactly to thrive no matter what curveball existence throws Internet references for more info, including La Leche League support sites and groups. Mothers bringing infants into a " new world " need sustainable, healthy, positive methods to help their children blossom and thrive.at home or when back again at work



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I highly recommend as a pediatrician I am a pediatrician and cannot recommend this book enough. It got my baby and I through the roughest component of establishing breasts feeding. My baby is currently 5 months old but still hasn't had formula (some of that is her though rather than liking it, can't say I never tried). It took a good month to overcome sore breasts and nipples, and a few weeks into it I almost quit, (pain) might not be regular but that there are resources to greatly help. I believed I was going crazy. Like talking to an experienced friend. Wouldn't normally recommend. Got all the mommas out there, don't wait until after you deliver to learn this! After giving birth to my child at 36 weeks, I desperately searched this book for answers as to the reasons my supply wasn't coming in etc. Breastfeeding is among the most healthy, natural and rewarding issues you can ever perform for your child. Now I can help other moms who are fighting establishing breasts feeding and answer almost all their questions. It will give you the confidence and knowledge you need to succeed! Many thanks so much for this book! We're 21 months into our breastfeeding trip and nearing our 2 year goal. This is many breastfeeding moms go to book, not mine. My dad asked me why I had a need to read a publication about breastfeeding ("Isn't it normal and organic?com and by joining breastfeeding support groups on Facebook (yes that is clearly a matter! As a Childbirth Educator, that is always high on my list of tips for my clients. I bought this reserve after my lactation counselor recommended it if you ask me.g. Increasing Support Program and Knowledge Good information for fresh breastfeeding moms especially those people who are struggling and need even more credible research. That can be done it as well! I ended up with a premie (delivered by crisis c-section under general anesthesia) who needed intestinal medical procedures your day after birth. I bought and read it before I provided birth to my child, and when I was initially starting out breastfeeding I would consult it when I experienced questions. It had several tricks and pointers which were beneficial to me as an initial time mom and was general empowering and supportive. I enjoyed reading about what to expect from breastfeeding and what the timeline will be, and the reminders that breastfeeding is usually a relationship that, although natural, needs dedication and perseverance, more often than once produced me feel better about how exactly things were going. It's written in a relaxed, conversational tone and repeats a few of the more important ideas several times (really helps to drum it into your being pregnant- or baby-addled brain).5 months later we remain going strong, and I think this book is area of the reason why. For example, I had close friends quit breastfeeding because they were concerned they weren't producing more than enough milk, or it harm too much, or a variety of reasons. I think that if they (and ladies in general) examine this reserve, they would recognize that many worries about breastfeeding are unfounded and that other activities (e. After struggling with a shallow latch, low source, self doubts, nursing strikes plus much more signing up for those organizations helped me far more then this book. I had so much advice to put her on a routine, only let her feed every 2 . 5 to three hours, etc, and she wished to feed every hour for the initial couple months of lifestyle. I gained more information from kellymom.") and We told him it is because not many females grow up seeing babies being breastfed (I know I didn't). Best breastfeeding book Great book! Sears, which really is a plus. Honestly, without it I might have abandoned among the evenings in the 1st couple of weeks of my daughter's existence when it seemed like she would under no circumstances cease eating. It describes study to support their information as well. I would suggest it to any expecting mother. It is natural, but it isn't always easy (especially not at the beginning). Plenty of detailed information for during being pregnant and after birth. Offers you "troubleshooting" tips in addition to what to anticipate at different stages based on months. Instead, I understood that cluster feeding was natural and would not last forever (and today I've practically forgotten there was a period when she ate that frequently). And that advice makes a whole lot of feeling, because more regular feeds mean more allow downs and higher levels of hormones. Definitely browse the reserve while pregnant and go to a LLL conference. The leaders and other mommas are therefore supportive. I keep this book on my coffee desk and I use it as a reference.! Not only that, this publication answers so many queries about pumping and

storing milk and factors that I'd have never considered to ask. Before I gave birth I go through this book enjoy it was a bible. Breasts feeding my infant has become one of the best encounters of my very existence. This book takes away any doubt or fear you might have and will solution all your questions. I have recommended this reserve to many new moms aswell. That helped a whole lot, took a whole lot of pressure off me. Read this publication from cover to cover before your child is born and you will be comfortable and ready for any issues that may occur. I had always planned to breastfeed and was identified to make it function. I was generally pro-breast feeding, however now I am passionate about it. As a previous reviewer said, this book will keep you high and dry if you are having troubles breastfeeding in the days following birth. LO was on IV diet for 2 weeks, so when we finally got to try nursing, it had been not the typical experience. This publication gave me the courage and inspiration to persist, and today, 10 weeks in, we're performing great and I'm pain free. I found this publication to be very judgemental. Personally, about 3 weeks into my breastfeeding trip I was beginning to reach the main point where I could realize why people give up my baby was born with a tongue tie that did a real number on my nipples early on so feeding was still extremely painful. Great Resource I loved this book! The mantra seems to be that it is so easy any mom can perform it, and if you cannot, you're not trying hard plenty of. There is very little in this huge book to help someone under those conditions, and in fact a lot of it and the stance of the writers made me experience angry rather than at all understood. I'm sure many individuals have the kind of experience that makes them receptive to the tips and viewpoints in this publication, but not everyone and definitely not me. Love this publication! The three organizations that helped me most a lot more then this reserve on Facebook had been Kellymom Breastfeeding Support, Milky Mommas, and today Breastfeeding Older Infants and Beyond. This reserve helped me immensely with breastfeeding. I wish that I would have obtained and read this book while I was pregnant. This is actually the best book that has ever been discussed breastfeeding This is actually the best book which has ever been written about breastfeeding! Not very helpful Not very helpful. Too many tales and unuseful non-sense. Not to the idea and hard to complete Gave me the confidence to continue This book was so wonderful for me. The section on pumping was also beneficial to me because I understood that I'd be going back to work. There was a whole lot of judgement around anything but a 100% drug free of charge vaginal birth. Not for everyone I had high expectations because of this book, based on the reviews, but We was honestly very disappointed. I had constantly prepared to breastfeed for a full year, but after reading this book we'll keep going indefinitely. Breast milk is just incredible stuff. But this book advises differently, never to even watch the clock and simply let your baby decide when to feed... This book is a relaxed, easy read, and is filled with great information. Proceed do it if you'd like support on your breastfeeding journey) . Pregnancy must read Essential read for breastfeeding moms an important guide for breastfeeding and parenting not just a instruction for breastfeeding, but a standard guidebook for gentle and sensible parenting. plenty of quotations from Dr. This book was incredibly beneficial to me because it gave me a feeling of what things to expect. bible bought for gift as I came across it was an excellent reference guide Great resource but do not forget to call your local LLL for help with difficulties! But nothing may take the place of a La Leche Little league meeting full of other mamas or perhaps a mobile phone call to your local LLL Head for help if points don't go smoothly. This book is a good resource for breastfeeding information and in addition great to learn your not the only one out there carrying it out! LLL USA and LLL International both possess a finder tool on the websites!



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