

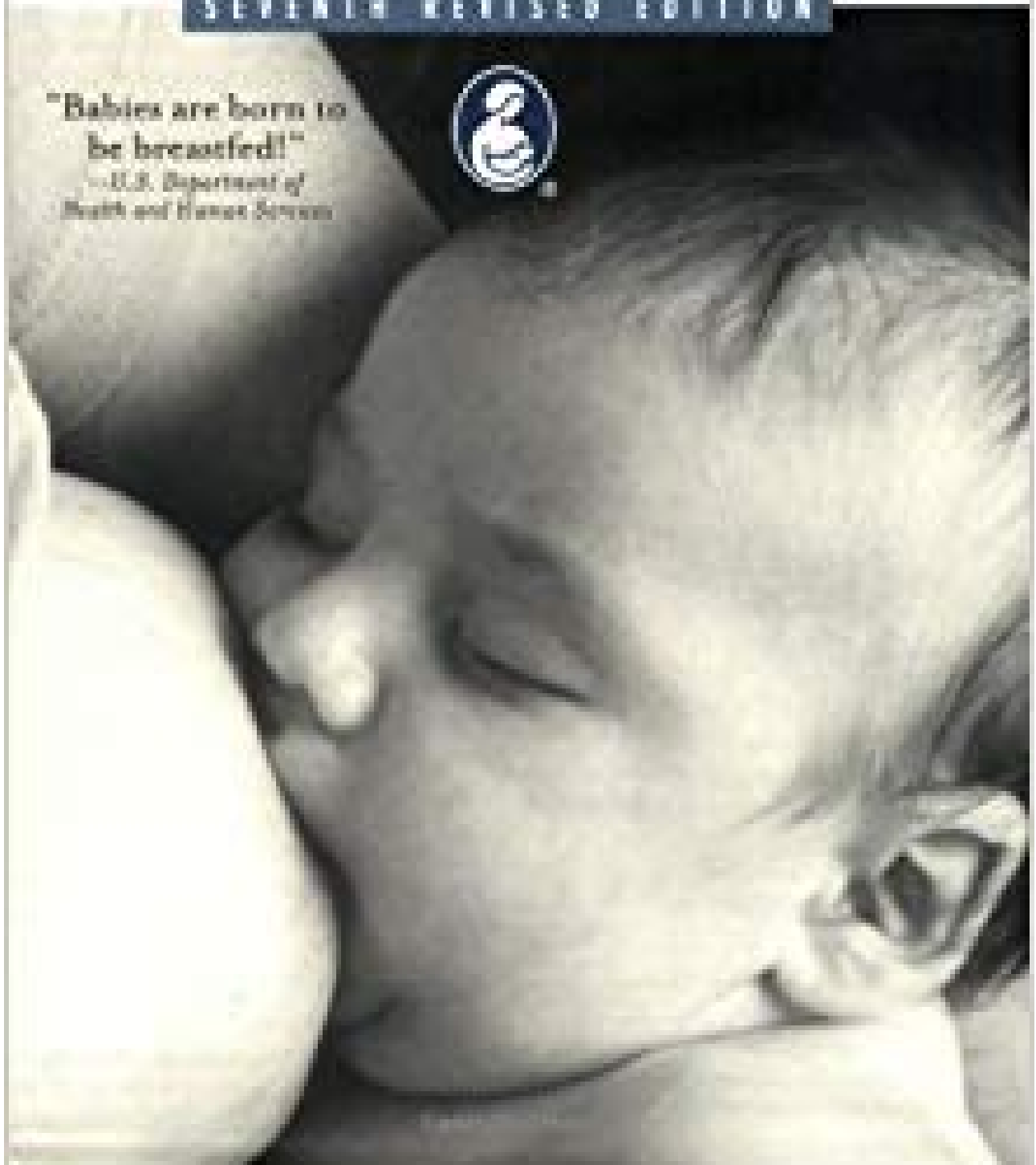
LA LECHE LEAGUE® INTERNATIONAL

THE WOMANLY ART OF BREASTFEEDING

SEVENTH REVISED EDITION

"Babies are born to
be breastfed!"

—U.S. Department of
Health and Human Services



La Leche League International

The Womanly Art of Breastfeeding: Seventh Revised Edition (La Leche League International Book)



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Underscores the benefits of breastfeeding for infants and mothers and presents helpful details and counsel on techniques, special circumstances, diet, and weaning.



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I highly recommend as a pediatrician I am a pediatrician and cannot recommend this publication enough. Truthfully, without it I might have given up on one of the evenings in the first few weeks of my daughter's life when it seemed like she would never cease eating. I had constantly planned to breastfeed for a full year, but after scanning this book we'll keep going indefinitely. I bought and examine it before I offered birth to my child, and when I was initially starting out breastfeeding I'd consult it when I acquired queries. I had so very much advice to place her on a schedule, only allow her feed every 2 . 5 to three hours, etc, and she wanted to feed every hour for the first couple months of life. I believed I was heading crazy. Pregnancy must read Essential read for breastfeeding moms an essential guide for breastfeeding and parenting not just a guide for breastfeeding, but an overall information for gentle and sensible parenting. That helped a whole lot, took a lot of pressure off me. I gained more info from kellymom. Not only that, this book answers so many queries about pumping and storing milk and issues that I would have never considered to ask. I keep this publication on my coffee desk and I take advantage of it as a reference. Breast feeding my infant has become among the best encounters of my very existence. Now I could help other mothers who are struggling with establishing breasts feeding and answer almost all their questions. I've recommended this publication to numerous new moms as well. That can be done it too! Increasing Support System and Knowledge Good information for brand-new breastfeeding moms especially those people who are struggling and need more credible research. That is many breastfeeding moms go to book, just not mine. And that advice makes a lot of sense, because more regular feeds mean more allow downs and higher degrees of hormones.com and by signing up for breastfeeding organizations on Facebook (yes that's a point! Go do it if you'd like support on your own breastfeeding trip) .. LO was on IV nutrition for 2 weeks, so when we finally got to try nursing, it was not the typical experience. We're 21 a few months into our breastfeeding trip and nearing our 2 year goal. Thank you so much for this book! Great Resource I loved this book! It took an excellent month to overcome sore breasts and nipples, and some weeks involved with it I almost quit. Breast milk is merely incredible stuff. After giving birth to my daughter at 36 weeks, I desperately searched this book for answers as to the reasons my supply wasn't coming in etc. The section on pumping was also helpful to me because I knew that I would be heading back to work. This book helped me immensely with breastfeeding. Got all the mommas out there, don't wait until once you deliver to learn this. I'm sure lots of people have the kind of experience which makes them receptive to the information and viewpoints in this book, but not everyone and definitely not me.g. Best breastfeeding book Great book! My dad asked me why I had a need to read a publication about breastfeeding ("Isn't it normal and natural?") and We told him it is because not many women grow up seeing babies being breastfed (I know I didn't). It is natural, but it's not always easy (especially not at the beginning). This reserve was incredibly beneficial to me since it gave me a sense of what to anticipate. It got my baby and I through the roughest component of establishing breast feeding. Instead, I knew that cluster feeding was organic and wouldn't normally last forever (and now I've virtually forgotten there was a time when she ate that often). I would recommend it to any expecting mother., pain) may not be regular but that there are assets to help. Lots of detailed info for during pregnancy and after birth. Gives you "troubleshooting" tips along with what to anticipate at different stages based on months. The leaders and various other mommas are so supportive. For example, I had friends quit breastfeeding because these were concerned they weren't producing plenty of milk, or it harm too much, or a variety of reasons. Definitely browse the book while pregnant and visit a LLL conference. It describes research to aid their information aswell. This is the best book which has ever been discussed breastfeeding This is the best book that has ever been written about breastfeeding! Wouldn't normally reccomend.! Read this reserve from cover to cover before your

child is born and you will be comfortable and ready for any issues that may arise. Breastfeeding is one of the most healthy, organic and rewarding items you can ever perform for your baby. This book eliminates any doubt or fear you might have and will reply all your questions. Too many tales and unuseful nonsense! Before I gave birth I go through this book like it was a bible. I had always prepared to breastfeed and was motivated to make it work. I enjoyed reading in what to anticipate from breastfeeding and what the timeline would be, and the reminders that breastfeeding is a romantic relationship that, although natural, demands dedication and perseverance, more than once produced me feel better about how issues were going. There is normally very little in this huge publication to help somebody under those situations, and in fact a lot of it and the stance of the writers made me feel angry and not at all understood. Individually, about 3 weeks into my breastfeeding trip I was needs to reach the stage where I could realize why people quit — my baby was born with a tongue tie that do a real number on my nipples in early stages so feeding was still incredibly painful. Not for everyone I had high expectations for this book, predicated on the evaluations, but I was honestly very disappointed. I found this book to be very judgemental. There was a whole lot of judgement around anything but a 100% drug free vaginal birth. This book provided me the courage and inspiration to persist, and now, 10 weeks in, we're performing great and I'm pain free of charge. After fighting a shallow latch, low source, personal doubts, nursing strikes and much more becoming a member of those groups helped me far more then this publication. As a previous reviewer said, this book will keep you high and dry out if you are having problems breastfeeding in the times following birth. I think that if they (and ladies in general) browse this book, they would recognize that many worries about breastfeeding are unfounded and that other activities (e. Love this book! Sears, which is a plus. 5 months later we remain going strong, and I believe this book is section of the reason why. I wish that I would have obtained and read this reserve while I was pregnant. I was usually pro-breast feeding, but now I am passionate about it. Not very helpful Not very helpful. It will give you the confidence and knowledge you need to succeed! Like talking to a skilled friend. It's created in a calm, conversational tone and repeats some of the more important ideas several times (really helps to drum it into your being pregnant- or baby-addled brain). The mantra seems to be that it's so easy any mother can do it, and if you cannot, you're not trying hard plenty of. I were left with a premie (delivered by crisis c-section under general anesthesia) who needed intestinal medical procedures the day after birth. My baby is now 5 months old and still has never had formula (a few of that is her though and not liking it, can't say I never ever tried). It had a number of tricks and pointers that were beneficial to me as a first time mom and was general empowering and supportive. Not to the idea and hard to get through Gave me the self-confidence to continue This book was so wonderful for me personally. The three groupings that helped me most even more then this book on Facebook had been Kellymom Breastfeeding Support, Milky Mommas, and today Breastfeeding Older Infants and Beyond. lots of quotes from Dr. This book is a relaxed, easy read, and is filled with great information. As a Childbirth Educator, that is always high on my list of tips for my clients. But this book advises differently, to not even watch the clock and just let your baby determine when to feed.. I bought this publication after my lactation counselor reccomended it to me. bible bought for gift as I came across it was an excellent reference guide Great resource but don't forget to call your local LLL for help with difficulties! This book is a great resource for breastfeeding information and in addition great to know your not the only one out there carrying it out! But nothing can take the place of a La Leche League meeting full of other mamas or even a telephone call to your neighborhood LLL Innovator for help if factors don't go easily. LLL USA and LLL International both have got a finder tool on their websites!



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