

# Working *without* Weaning:

*A working mother's guide to breastfeeding*



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Working without Weaning: A working mother's guide to breastfeeding



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Do you want to breastfeed your child, but don't believe you may because you have to get back to work? *Working without Weaning* gives you step by step guidance to assist you work and continue to breastfeed, including how to talk to your boss about breastfeeding in a language they'll understand, determining the time and place to pump during the day, maintaining your milk supply when you are pumping, choosing the best pump for your needs, storing and feeding breastmilk from a bottle, getting enough rest if you have to work all day long and baby all night, keeping balance in your life, supplementing without weaning, and most significantly, preserving your breastfeeding relationship with your baby when you are together. *Working without Weaning* describes in detail how you can work but still breastfeed your baby, with stories and guidance from mothers who have been in your shoes. Are you concerned about the challenges of combining breastfeeding and a fulltime work?



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Excellent content; needed an editor This is the perfect book with tons of helpful info and I'm glad I bought it. Most of these types of books are written by stay-at-home moms (what working mom would have the extra time to create a book? During my pregnancy, I was most looking towards breastfeeding my first child and researched numerous available resources. That is a great book of suggestions & La Leche Group wasn't very useful because all the LLL leaders are stay in the home or part-time mothers (lucky them) and also have no personal experience with functioning outside the home 40 hours a week. The breastfeeding support group meetings are during operating hours so that was no help me either. But my estimation is that without some useful resources (like this book, an online support group, or, if you're lucky, an area support group for functioning mothers with meetings on weekends or evenings), most women who get back to work will give up pumping and ultimately breastfeeding earlier than they otherwise would. It's a really hard move to make and having support makes all of the difference. This book is packed filled with helpful info and I really wish I had it when my first child was created and I had to return to work. Given that I'm about to possess my second child, I just know I'll be a many more successful these times. But it's sort of annoying to possess typos here and there, and to wade through some sentences that simply aren't well written and thus cause dilemma for the reader until you go back and read it a second time. My just (teensy weensy) complaint is that the author clearly didn't possess an editor and the finished item would have been better with a professional editor. This is the only reserve I actually purchased, because it had the requisite technical information on how to get started breastfeeding, how exactly to recognize and treat typical complications (e. I will be forever grateful to the author for writing this book and creating the web support group for working moms! Hopefully there will be a 2nd edition that will have got an editor. But let this not really deter you from buying this publication. If you're working and pumping, please be kind to yourself and reach least one publication that can provide you with the support you are going to need. This book has plenty of good info for working mothers that want to make sure .. And yet, it's such a complicated move to make, that I really believe every operating mama needs this sort of support. This book has lots of good info for working mothers that are looking to make sure they provide enough breast milk because of their babies. I wish I had read this reserve before even beginning to breastfeed. He's now 7 weeks old and we haven't had any speedbumps while breastfeeding, though many others in my own birthing course "cohort" have. My husband also read this book (with a highlighter! The just breastfeeding book a working mom needs!. helpful sound advice Just returned to work 5 weeks hence. I keep it out and refer to it often as I'm problems shooting or as my daughter grows and I develop even more questions. It appears a little dated however the information is helpful. Don't let outdated cover change you away! Ideal breastfeeding reserve out there! Don't allow the outdated cover (and title) fool you! This is one of the most useful, well-written, succinct books on breastfeeding, regardless of whether or not you are going to work outside of the house. I don't believe I could have worked full time and ensured my supply was plenty of for the infant without this book. Excellent information for those thinking about part-time/supplemental breastfeeding as well. I am a librarian, and by far this is the best book on the topic I have found. Helped me experience better about going back to work Don't let the old-timey cover switch you off. The knowledge in here is very useful. Common sense advice all in a single source, not scattered on multilple web sites, never goes out-of-date..! The writing design is very casual and that gives it kind of an individual feel.g. mastitis, thrush, etc. It addresses well beyond simply pumping @ work. I couldn't imagine some of the factors happening, but do you know what: yep, I forgot to pack bottles one day but thankfully had copied that portion of the

reserve to keep at work (as recommended by the wise writer) and was relieved to find the right ideas for how to handle that. I highly recommend this for all functioning mothers before they return to work after having a baby, if they aren't wanting to wean. This book helped give me the confidence and tips I . Strongly suggested. He is incredibly proud to feed our baby my breastmilk while I'm working.Among the best prenatal buys for any working mom! best practical information for the working mom This book may be the best one I came across with detailed practical advice for pumping at work. I didn't think it would be feasible to breastfeed and work, but this book demonstrates how and makes it simple. This book helped give me the confidence and tips I had a need to continue breastfeeding after maternity leave.) so there are very few resources about breastfeeding and pumping once you're back at work. support.), and how to store expressed breast milk, and also additional content I've under no circumstances seen somewhere else, such as use-based critiques of available breast pumps (most "testimonials" are really skewed or just a listing of features), tips about how to discuss pumping with your boss, and experiences from other professional mothers who work full-time and continued providing their babies with the very best, most nutritious food.)--he was always supportive, however now he knows what I need to do and how he can help. Five Stars Very helpful. Excellent book - A must have Excellent guide so you can get ready to go back to work and for surviving those first couple of months back. The publication and the author's workandpump website got me through pumping for my initial child, and I returned to re-read all the ideas I experienced forgotten when my second kid arrived. Among my favorite sections talks about what to do if you forget various crucial parts/pieces of your pump established.Because of this book, We knew what to expect from myself and my baby from the day he was born. This is a great resource for the working mom!



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