

# *Breastfeeding* **IN COMBAT' BOOTS**

*A Survival Guide to Successful  
Breastfeeding While Serving in the Military*



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## Breastfeeding in Combat Boots: A Survival Guide to Successful Breastfeeding While Serving in the Military



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Breastfeeding in Combat Shoes is a essential resource for active-duty moms and mothers-to-be, who would like information and support on how to breastfeed successfully even though serving their nation. Are you pregnant and in the military? Do you want to breastfeed, but just don't know ways to combine 12 hour shifts, training exercises, or deployment with breastfeeding your child? Robyn Roche-Paull answers these questions and more in Breastfeeding in Combat Boots - A Survival Guideline to Successful Breastfeeding While Serving in the Armed service. As a veteran of america Navy, mother of three breastfed children, International Board Qualified Lactation Consultant, and La Leche Little league leader, the author offers helped many active-duty mothers breastfeed their babies. Nevertheless, despite having the policies in place, military mothers face unique circumstances that may make breastfeeding effectively a challenge. Most providers now have written policies set up to support breastfeeding and direct commanders to provide a place and period for pumping milk. She has now compiled this knowledge into a comprehensive guide to help all moms in the armed service breastfeed their babies effectively. It's not only comprehensive and easy-to-read, it also contains many testimonials from armed service moms who have successfully breastfed and are pleased to share their encounters! If you are a active-duty pregnant or breastfeeding mother or you work with active-duty mothers, this book is a must-have book for your source library. In this reserve, the author provides military mothers with insight into the rewarding and great areas of breastfeeding on energetic duty, while also offering a realistic look at the challenges that lay forward. This reserve was written to help military moms overcome the issues they face to allow them to provide the best nutrition for his or her babies.



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Great book! Wish I would have known about this reserve sooner. I was halfway finished with it when I gave birth to my second kid. Five Stars a must have! I was successful this time around and experienced that it gave me the resources I required as a armed service mom. I recommend this book truthfully to all or any working moms. They've done their research that's for certain! This book is crucial buy and helps to reassure ladies they aren't alone within their struggles as I frequently felt without one else around me who comprehended the unique issues I confronted. I didn't examine this till when i had my 3rd kid in 2011 and even though I experienced nursed my first two, I must say i wish this book had been around after that or that I acquired even read it earlier than I did. I've bought a copy for my (expecting) sister who's also AD.. Even outside of the military not everyone includes a supportive work environment to pump which book was just this motivation on that it can be done. I recommend this to every women that are pregnant who actually thinks they want to nurse their baby. Excellent Information but very small print This book provides very practical and useful information and is written in an easy to read manner. The table of contents can be excellent for easily finding specific information. I recommend it for all nursing mothers and especially those in the military. Great practical reference for a few amazing women. She also needs care to stay away from the "all or nothing at all" which makes many breastfeeding books come across as judgmental. THOSE WHO WORK WITH THEM If you think you have every breastfeeding manual that you could ever need, you are mistaken. Many books about operating and breastfeeding do not apply to mothers who are in the military (or those in identical fields such as for example EMT or officer). This book is the ideal manual for military mothers. Each section of the reserve is carefully and thoroughly researched. Furthermore to giving the "how exactly to" of making breastfeeding work in an exceedingly challenging & A working mother's companion must Excellent information for Most mother's time for work. It is clear that the author has spent time ensuring that all the information she provides is current and accurate. But still great for any mom or an operating mom with complicated function schedule/locations. This information has been necessary for a very long time and now we finally have it in a lightweight readable book. This book not merely inspires you to wish to make it work but it additionally gives you a lot of suggestions, concepts, personal stories, and also resources to assist you along the method. MANY THANKS! difficult work environment, in addition, it provides the regulations for every branch of services to make sure that mothers understand their rights. Traveling and packing breastmilk extremely helpful Great Buy for Armed service! So far, I really like this book. Because of Robyn, and all of the ladies profiled, for your service. Very helpful information. Amazing Book! ESSENTIAL buy for military Mothers returning to duty As an Active Duty mother who nursed one son and is due with #2 any day now. I can not say enough what a great help this reserve has been even just finding your way through the second a period around. The start explains the entire anatomy of nursing which is certainly something every nursing mother ought to know. I recommend this to all military women who wish to nurse their children. Such great details on proper nutrition and needs of a baby that reassure the new mother she is most likely doing it right. I haven't acquired my son yet but I will be sure to use some of the pointers in this reserve. I am a first time mother in the military and I just loved this book. The book does not cater to one particular branch of service which means you are exposed to great concepts from various women that are in the same position as you. Attempting to breastfeed is hard more than enough, add military life to it and you get yourself a combination which can be hard to work through. As a breastfeeding counsellor at a Navy Bottom, this will be an invaluable resource for me. I will suggest reading this or giving this as a gift to someone that's in the armed service considering

breastfeeding. I find out about it through my p3t program. The just downside is definitely that the print is quite small which can be hard for "grandma eyes" to read without good reading eyeglasses. The commitment and grit it takes to breastfeed while on active duty is actually amazing. Robyn Roche-Paull has written a useful, straightforward, and inspiring guideline for just about any military woman who would like to make an effort to breastfeed her child. Terrific book for any mom GREAT book with tons of helpful hints about how to breastfeed, with a special concentrate on the challenges you come across in the military. EXCELLEN RESOURCE FOR Army Mothers &. I am within the last chapter. Really loved this book Really loved this book. I browse it immediately after having a baby to my child. It gives really great tips, and I held it on hand just in case my command made a decision to provide me any problems. I especially like that she switches into highly practical detail for a number of situations unique to active duty service. I highly recommend this book to mothers and those who are able to support the breastfeeding military mom. I'm a nurse midwife and recommend this to my patients in the military. Indispensible Reference for all Nursing Mothers While certainly aimed toward the nursing army mom, this publication gives all the information any nursing mom requirements, whether working or not. Very helpful . The dialogue about pumping and challenges in the work place are also amazing. This book seems like it would also end up being great for firefighters, law enforcement, EMTs, and the like. They've done their research that's for certain! Very helpful for the military working mom! Quoting rules makes it easier for the support member to learn where to discover the info and ammo they have to show their order that it's their right to BF at work!



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