



It Shouldn't Hurt to Nurse Your Baby



Breastfeeding solutions for the six most common causes of painful nipples

by Lia Paladino CNM, IBCLC

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If you or someone you love is breastfeeding or preparing to breastfeed, this easy to read book will help you to recognize that lactation is an all natural bodily function that needs to be comfortable for mother and baby. Lisa Paladino CNM, IBCLC has over 28 years of knowledge assisting moms to breastfeed their babies. She's observed that nipple discomfort is a predominant cause that moms opt to end feeding their infants at the breasts. This book explores six common reasons that breastfeeding might hurt and gives easy answers to prevent and invert nipple pain. The six reasons discussed are: latch, tethered oral cells (tongue tie, lip tie, buccal tie), engorgement, nipple blebs, and nipple vasospasm. Women have been falsely led to think that pain is normal and that they should place it out without searching for help. In this publication, Lisa hopes to reveal that it is not ok for a ladies to have intense discomfort and nipple trauma. Allow's shed some light on this concern and bring the out the truth- It doesn't have to hurt to nurse your baby!



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A Must have Guide for all Pregnant & Lactating Women We had a dear friend who's nursing and was having nipple discomfort and this book was a godsend to her. This uniquely concentrated reserve is a comprehensive guide to this often overlooked issue that causes mothers abandoning breasts feeding or needlessly struggling.. Lisa writes in a very understandable and .. I desire this book was obtainable when I was initially breastfeeding – it's an excellent present for expecting parents!! In this quick and easy to read book, Lisa Paladino shares her insider's expertise from over 28 years experience. I intend to give the gift of Lisa's wisdom to every soon-to-be mom I know! Actually though I did so not experience nipple pain, Lisa's guidelines and practical advice on guiding principles and how to have the baby latch to you and also preventing engorgement would have been invaluable to me and could have prevented so much stress and pain. I love just how Lisa guides visitors to trust their innate wisdom and get to the root of the normal underlying problems that can result in nipple pain in breast feeding. I recommend slipping this publication in . Easy to keep while breastfeeding and succinctly created - perfect for sleep deprived brand-new moms. Lisa Paladino, CNM, IBCLC explains that breastfeeding shouldn't hurt, why it sometimes might and steps to make it better. This reserve is not about placing bandaids on nursing problems but getting to the root of the problem so that mom and baby can like a pain free, satisfying breastfeeding relationship. Searching on the web often makes your head spin with self analysis and the worst type of case scenario After having a baby to my third child, I was looking for answers to my breastfeeding issues. This little handbook would be a great shower present. Searching on the web often makes your head spin with self medical diagnosis and the most severe case scenario. Lisa's book was extremely informative, descriptive and well laid out. Her natural treatments and suggestions were precisely what I needed to quickly alleviate the discomfort and pain. I am so content I came across this book and will continue breastfeeding pain free! Great book to greatly help new moms which are desperate to ... Very informative and a great reference even for people with knowledge breastfeeding, as there is a lot of details that's not given from your own doctor. Great book to greatly help new moms that are desperate to nurse. I was experiencing pain and discomfort that I didn't have with my various other two children. Highly recommend this book to all or any nursing moms Recommend this book to all nursing moms! I nursed my first two children until they self-weaned, and I Even now found this book to become a great resource as a refresher for when I experienced my third last month! It really is vey well-written, an easy read and contains probably the most helpful info for individuals who are breastfeeding. Even while a third time mom I still learned a great deal by reading her book. It's extremely informative and a great refresher. What a perfect little publication for new mamas Just what a perfect little reserve for new mamas! Nurse Lisa Paladino lovingly explains that breast feeding is essential and natural and really should not hurt. A must go through for all soon-to-be and new moms! I recommend slipping this reserve in every woman's baby shower celebration present! Lisa writes in a very understandable and accessible way in regards to a topic many ladies struggle with and don't realize can be remedied. Every woman should read this book if likely to breastfeed. Must have for all new moms. I was proud to give a duplicate as a "welcome home" gift to a fresh nursing mother. Five Stars Very informative and quick read. Great book for brand-new moms Lisa's book is an easy read for just about any new mom that does not have a whole lot of extra time. I plan to give this as a gift to all new nursing moms! Based on her knowledge as a midwife and IBCLC, Lisa provides moms with a wealth of information that's practical and not overwhelming. How I wish We had read this reserve before We gave birth to my firstborn! This is this excellent resource! She carefully and professionally explains the normal causes and outlines the solutions... This is

this excellent resource! It's extremely informative and an excellent refresher. Her insight will be valuable to doulas, midwives, mothers, or anyone working within the birth/postpartum community. Five Stars Amazing book. This is an easy to understand This is an easy to comprehend, comprehensive guide for any nursing problem which might occur.



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