

BOTTLED UP



HOW THE WAY
WE FEED BABIES
HAS COME
TO DEFINE
MOTHERHOOD,
AND WHY IT
SHOULDN'T

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Bottled Up: How the Way We Feed Babies Has Come to Define Motherhood, and Why It Shouldn't



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As the subject of a favorite Web fact series, Suzanne Barston and her husband, Steve, became a romantic, ethereal model for new parenthood. Part memoir, part popular science, and component sociable commentary, *Bottled Up* probes breastfeeding politics through the lens of Barston's own encounters and also those of the ladies she's met through her popular blog page, The Fearless Formula Feeder. It was the "beyond" that threw her for a loop when she discovered that, despite every effort, she couldn't breastfeed her child, Leo.. This challenging encounter with nursing - combined with the overwhelming open public attitude that breast is not only best, it's the yardstick by which parenting prowess can be measured - drove Barston to explore the silenced, minority placement that breastfeeding is not always a good choice for every mother and every child." Barston valiantly surmounted the problems of being pregnant and delivery..from pregnancy to delivery and beyond. Called "A Parent is Born," the program's tagline was "The journey to parenthood. Incorporating expert views, medical literature, and well-known media right into a pithy, often wry narrative, Barston provides a corrective to your infatuation with the breasts. Impassioned, well-reasoned, and completely researched, *Bottled Up* asks us to believe with an increase of nuance and compassion about whether breastfeeding should remain the holy grail of good parenthood.



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As a nurse-midwife, I've always encouraged interested ladies to provide breastfeeding a try and have been happy to provide assistance as required. When I got my baby in October, I have every purpose of breastfeeding but when my milk didn't come in after a lengthy labor and c-section in conjunction with wicked PPD, I required formula to keep my baby hydrated. Actually, I consider myself to be somewhat of a specialist on breastfeeding!g. BF Biz Great to counteract all the BF madness! I believe most health professionals will never be at all amazed with this content of this reserve when it comes to the actual research-proven benefits of breastfeeding, etc. In it, the writer shares her deeply personal experiences wanting to breastfeed, interweaving reflections on the breast-at-any-cost mentality that's created among certain socioeconomic/cultural groups in the U. . with a synopsis of/intro to the real state of research on the benefits of breastfeeding. Until reading this book, I did not fully comprehend the pressure that a few of my sufferers feel to "be successful" at breastfeeding. I am aware that pressure appears to have increased over time, but I really hadn't realized how intense items have gotten until scanning this book. I can now make much better sense of several experiences with patients who've appeared utterly desperate to breastfeed and totally devastated at the difficulties they've faced.. It got me through the tears I acquired in having to quit breastfeeding for medical factors (somehow felt guilty even though it was the best medical reason!Informative, pleasant continue reading an important topic This is a wonderful and much-needed book! However, I've also always figured that method is a great alternative for individuals who don't wish to or can't breastfeed. Now, though, I'm realizing that this message--formula is a good option too!--may not be getting to families who are bombarded with the "breast is most beneficial" message . .S. I think many health professionals may not realize how a few of the methods we discuss breastfeeding are overselling its benefits and placing undue pressure on ladies at an extremely vulnerable amount of time in their lives. Yes, breast could be best for most women and infants, but also for many others--e. Therefore please trust me when I let you know that this book is by no means "anti-breastfeeding. women who can't create enough breasts milk, ladies whose histories of misuse, etc. This is an excellent book that I will continue to recommend to friends and colleagues. For additional women--those who merely prefer not to breastfeed--the difference between "best" and "an excellent alternative" in their individual situations is quite slight indeed, and ladies need accurate information here in order to make their very own choices in regards to what is most beneficial overall for themselves and their families. I found Bottled Up to become well-researched, engaging, and thought-provoking., but it could be a wake-up call for many concerning the disconnect between your medical knowledge base upon this topic and well-known perception. For the general public, it's a great summary of the topic. I'll be recommending this book to all of my midwife, nurse, physician and lactation consultant colleagues, as well as a lot of my patients. Thank you, Suzanne, for taking a very difficult, personal experience and making it this outstanding publication to talk about with the world! YES!) I experienced to stop beating myself up and go exclusively formula. Thank you Susie Barston for bring the FACTS and SCIENCE to the forefront amid the propaganda and shaming from the activist world. I'm a certified nurse-midwife and family nurse-practitioner who assists women throughout their being pregnant/delivery/post-birth treatment and in many cases also the pediatric care of their infants, so this is a topic that I cope with on a day-to-day time basis. I did not think this is an anti-breast feeding book, but rather a reserve that advocates for everybody to relax and recognize that good parenting can take many forms (including formula feeding or pumping and bottle feeding). The reserve we've all been waiting for! Ultimately, I just desired my baby to develop and be healthy. We have to be celebrating ALL ladies, ALL options and lifting up each other! are triggered by breastfeeding, and many many

other cases--it is obviously not best at all! I knew formula feeding was just going to be considered a better road for all of us. When I abandoned breastfeeding due to problems and my baby not gaining weight, I struggled with a lot of guilt and sadness. This publication offers been by my part the entire way and I am now armed with the FACTS, SCIENCE and COMPASSION had a need to encounter those who choose to demean. The entire process of increasing my source and enhancing a latch was daunting and time consuming. This book is crucial read for all mothers who . I needed to invest my maternity leave loving and bonding with my child, not forcing her to the breast when it was challenging. This book was a great resource for me, in recognizing all of the feelings I acquired. It got a little bit repetitive within the last third, but was still a great read. When the lactation consultant suggested we begin taking my baby to speech therapy to greatly help with her latch, I knew formula feeding was just going to be considered a better road for us.. In such cases, I've attempted to be supportive, but I'm now realizing there's a lot more we can do here as health professionals! This book is crucial read for all mothers who have a problem with the emotional facet of formula feeding.! This reserve helped with that guilt). Just an interesting read in general too..." Definately not it!! bought copies to contribute to few local mom/baby centres and was surprised that they took these but didn't increase library- BF has become a money making business which reserve isn't convenient to most of those counting on desperate mothers! A discussion our society needs to have How all of us feed our children shouldn't be a divisive concern, but it is, and the author has done an amazing job shedding light on a topic that should be discussed more. boring execution. Barston doesn't stop there, she reduces how the divide started and how it may continue to grow if we neglect to take it seriously. Three Stars Great message; The reserve accurately reflects an evergrowing group of females who are marginalized by how they feed their baby, a group that is all too often unseen. A research-based feminist argument for choice and perspective I browse both Bottled Up and Lactivism in this pregnancy and We loved them both. Bottled Up takes even more of a feminist spin, for me, and really considers the thought of "choice" for mothers in parenting. Additionally, there is a lot of research in right here and great food for thought. I tried pumping for a couple weeks but in between medical procedures recovery, feeding a screaming baby, and trying to pump among feedings (oh, sleep - what sleep?)



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