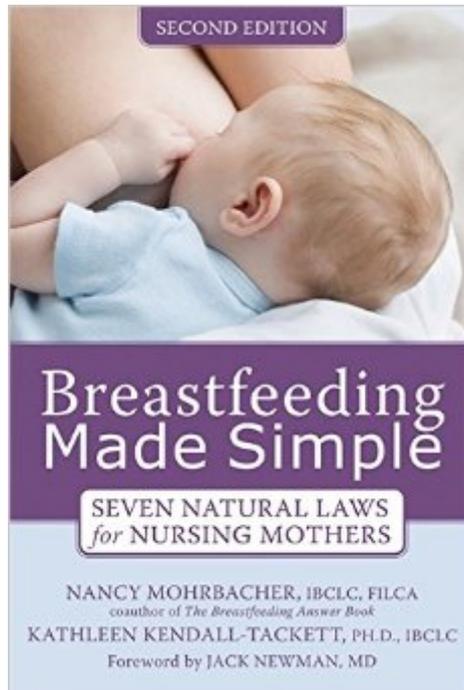


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# Breastfeeding Made Simple: Seven Natural Laws For Nursing Mothers



## Synopsis

The Definitive Guide to Breastfeeding Your Baby Breastfeeding may be natural, but it may also be more challenging than you expect. Some mothers encounter doubts and difficulties, from struggling with the first few feedings to finding a gentle and loving way to comfortably wean from the breast. This second edition of Breastfeeding Made Simple is an essential guide to breastfeeding that every new and expectant mom should own-a comprehensive resource that takes the mystery out of basic breastfeeding dynamics. Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby. Breastfeeding Made Simple will help you to: Find comfortable, relaxing breastfeeding positions Establish ample milk production and a satisfying breastfeeding rhythm with your baby Overcome discomfort and mastitis Use a breast pump to express and store milk Easily transition to solid foods

## Book Information

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Average Customer Review: 4.6 out of 5 stars See all reviews (242 customer reviews)

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## Customer Reviews

I can't give this book 5 stars because it annoyed me so many times, for valid reasons I will explain. Despite that, I must give it 4 stars because it educated me so well on breastfeeding. To explain the positive: this book is a wealth of information about breastfeeding. I know many women who stopped breastfeeding due to reasons cited in this book. Had they read this book they may well have found solutions to their problems and continued breastfeeding. I feel well-prepared to breastfeed our baby, reading this book was like doing my homework, I feel like I studied the subject well and will know what to do if any problems arise. I also feel I will know how to prevent problems

from happening. After reading this book, I even feel more confident that I will succeed in my goal of breastfeeding for a year (or a year and a half) thanks to the tips and techniques in this book. The book is EXTREMELY informative, useful, my copy is dogeared and I'm sure I'll revisit it for information as I begin breastfeeding. I cannot reiterate enough times HOW MUCH I LEARNED from this book. I deeply appreciate that. So, I give 4 stars. I would have given 5 except for the following things which I disliked: 1) The authors continuously make cases for breastfeeding, in defense of breastfeeding, & reiterate (ad nauseum) how bad formula is. I KNOW this. My mom breastfed me and my 4 siblings. I come from a family of breastfeeding women. I wholeheartedly believe in the extraordinary benefits of breastfeeding and plan to give our baby breast milk for health reasons. I don't like the idea of formula unless absolutely necessary, (but to you formula feeders out there, don't be offended as those are simply MY feelings, for MY self. I don't push my beliefs on others at dinner parties or on the street lol).

This book was an AWESOME READ! I struggled to nurse with my first son because he had a poor latch and was a VERY slow eater - 45 mins+ at each feeding! (Try doing that every 2 hours and you get NOTHING else done in life!) I ended up pumping exclusively for 9 months and it about wore me out. I was a slave to that pump and to the clock! When I got pregnant again 5 yrs later I was determined to better educate myself about nursing so I could slam dunk the nursing experience with my new baby. I came across this book and read it cover to cover. Within the first 2 chapters I found out I was doing at least 3 things WRONG in nursing my first son! Let me tell you... this book was a GOD SEND and a huge eye opener. This book had a TON of information in it. My 2nd son is now 8.5 mos old and is a nursing champ! I also started taking Fenugreek daily (2 pills in AM and 2 in PM) from the first week I was home from the hospital. Let me tell you - I am a milk making machine!!! I have about a 4-5 month supply in a deep freezer and most of that came from the extra milk I pumped AFTER NURSINGS. I think because I educated myself and understood the milk making process, how to latch appropriately, how to position myself to be comfortable, etc, I could relax, take it easy and enjoy my nursing relationship with my son.... thus making more milk. It was also a great reference tool many times in the first several months. Nursing is certainly NOT easy for everyone. And it is a huge commitment no matter who you are. (I struggled with the latch with my 2nd son for several weeks. But, I didn't give up & I consulted a professional who helped me fix the problem quickly!

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