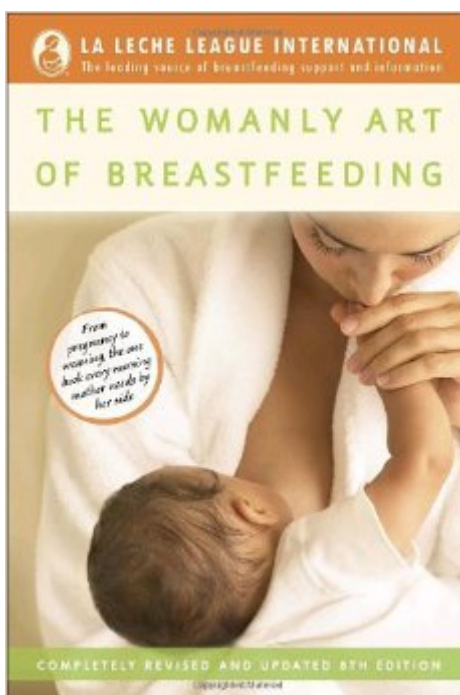


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# The Womanly Art Of Breastfeeding: Completely Revised And Updated 8th Edition



## Synopsis

It's no secret that breastfeeding is the normal, healthy way to nourish and nurture your baby. Dedicated to supporting nursing and expectant mothers, the internationally respected La Leche League has set the standard for educating and empowering mothers in this natural art for generations. Now their classic bestselling guide has been retooled, refocused, and updated for today's mothers and lifestyles. Working mothers, stay-at-home moms, single moms, and mothers of multiples will all benefit from the book's range of nursing advice, stories, and information—from preparing for breastfeeding during pregnancy to feeding cues, from nursing positions to expressing and storing breast milk. With all-new photos and illustrations, this ultimate support bible offers real-mom wisdom on breastfeeding comfortably—from avoiding sore nipples to simply enjoying the amazing bonding experience—new insights into old approaches toward latching and attaching, ages and stages, and answers to the most-asked questions—strategies for moms who choose to breastfeed for a short time or who plan to nurse for a year or more—reassuring information on nursing after a C-section or delivery complications—recent scientific data that highlight the many lifelong health benefits of breastfeeding—helpful tips for building your support network—at home or when back at work—nursing special-needs infants, premies, multiples, and how to thrive no matter what curveball life throws—guidance on breast health issues, weight gain, day care, colic, postpartum depression, food allergies, and medications—Plus! Internet references for further information, including La Leche League support sites and groups. Mothers bringing babies into a new world want sustainable, healthy, positive ways to help their children blossom and thrive. There is no better beginning for your baby than the womanly art of breastfeeding.

## Book Information

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## Customer Reviews

This book is well-intentioned, and it does contain some very good information about breastfeeding. But the tone is extremely judgmental about women who choose ANYTHING other than a completely natural childbirth, exclusive breastfeeding, cosleeping, etc. The message is this: You'd better love it. It's a blissful experience. If it's not, you're doing something wrong - and your baby will suffer for it. Not every mom is lucky enough to have that experience, and for those mothers, this book imparts huge amounts of fear and guilt. My labor had to be induced three weeks early due to a pregnancy-related liver condition that put my baby at risk. So there's strike one - labor inducing drugs. I ended up getting an epidural (the only part of the experience that I could have avoided if I'd been strong enough to take the pitocin-induced contractions without it.). Strike two - more drugs. My baby had to be delivered by forceps and was not placed on my chest immediately after birth, but was taken to the incubator to be evaluated. Strike three - we missed that initial bonding. He nursed a bit before we left the delivery room, but later had breathing trouble and had to remain in the NICU. While he was there, he got some of my colostrum and milk but was supplemented with formula. Strike four. If I took this book to heart (which I did), my bond with my brand new son would always be inferior. Even once we got home, we struggled with breastfeeding for the first few months. He was never given formula again, but I felt horrible that I wasn't blissfully enjoying the experience, that it wasn't super easy for him, and that at times I wanted to give up.

I'm not bf'ing yet, but as an expectant mother I wanted to get some info before trying to deal with it once the baby's here. The book has made me feel very confident. It has all the info you need. However, even though there are chapters about pumping for going back to work, the authors really push their agenda that you're not doing your baby any favors if you don't stay home with him. One section had me in tears (and I do blame the hormones, not the book) saying that "if you plan on going back to work, it's ok because you might change your mind once you get there." I felt like in many different sections they go on and on about how it's so hard to leave your baby and the baby will have so much stress if you take it to a baby sitter or day care. I would love to find a good breast feeding book that gives all the info found in this one without sentimental judgements. I am going

back to work, and I think today it should actually be expected that most working mothers will return. This is the best I've found towards making it seem like it's going to be ok, that I will be able to do this, but I really wish they would have left their personal opinions on how bad it is to leave your child to go to work out of it. Edited to add: I'm now going strong at exclusive breastfeeding to a 20 week old, 18 lb baby boy. And that includes pumping 3 times a day for the past 9 weeks that I've been back to work. Although I do attribute this book towards helping with that, talking to other bf'ing moms on websites like The Bump and [...] is key! Also, and although I get flack for this from my ff'ing friends, the best advice I got was that if I was 100% dedicated to bf'ing, don't look at formula as an acceptable option. I never even kept any in my house.

I LOVE this book! Really. The info within is great. Another reviewer or two complained about the fact that the book frequently tells you to call your local LLL chapter- but personally I think they missed a major message. The point of reminding the reader, frequently, to go to LLL is to offer community- a live person to help you when you're worrying. All parents fret, and if it's a first time experience then you're twice as likely to fret. Calling someone and having a local support network will make all the difference when you're experiencing uncertainty. The advice is excellent, and the book is well organized. It's written in a way that's engaging, and includes excerpts from other mothers. I think the book is nearly five star- here's my only hesitation... I think the book, the No Cry Sleep Solution is also excellent, and when it comes to getting your baby to sleep better this book is frequently a bit at odds with that one. This book recommends not giving sleep patterns a thought, allowing the baby to fall asleep at the breast, and/or fall asleep in arms all the time. I agree that these things are wonderful for bonding, but... you need to mix it up, so to speak. Once in a while (as explained in No Cry Sleep Solution) you need to take the baby away from your breast and put them down before they fall completely asleep or your baby will think the only way they can sleep is at your breast or in your arms. Lets be realistic, as much as we love our children (and I agree wholeheartedly with attachment parenting) we cannot always sleep with our babies. I believe in co-bedding, and I believe that a baby under 4mo should be going no more than 4hrs without nursing... but as they get comfortable and start to nod off, gently remove the nipple - lay them down near you...

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