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SECOND EDITION

# Breastfeeding Made Simple

SEVEN NATURAL LAWS  
*for* NURSING MOTHERS

NANCY MOHRBACHER, IBCLC, FILCA  
KATHLEEN KENDALL-TACKETT, PH.D., IBCLC

# Breastfeeding Made Simple Breastfeeding Made Simple

**L Reisser**



## **Breastfeeding Made Simple Breastfeeding Made Simple:**

**Breastfeeding Made Simple** Nancy Mohrbacher, Kathleen A. Kendall-Tackett, 2005 Breastfeeding is natural but it's not always easy. It is the biological norm but it is not the cultural norm. By learning the seven basic principles in this book, mothers can dramatically increase their likelihood of success and make breastfeeding the enjoyable experience it should be. The seven laws taught in *Breastfeeding Made Simple* are easy for mothers to understand and are sure to help them avoid some of the pitfalls that they might otherwise face. The seven principles include: Babies Have the Urge to Self-Attach, Use the Power of Skin-to-Skin, A Baby's Natural Habitat, Breastfeed Ad Lib, Reach for the Comfort Zone, Expect Cluster Nursing, and More Milk Out, More Milk Made. Babies Outgrow Breastfeeding. The book also addresses how to solve common problems and deal with special situations such as breast reductions and babies with special needs. The authors describe some of the social, psychological, and cultural reasons why breastfeeding is not currently the norm and what this implies for mothers. In all, this is an easy-to-use breastfeeding resource for new mothers which includes all the latest research and techniques used by those in the lactation field. *Breastfeeding Made Simple* Nancy Mohrbacher, Kathleen Kendall-Tackett, 2010-12-01 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. *Breastfeeding Made Simple* Nancy Mohrbacher, 2009-12 Two breastfeeding specialists team up to provide new mothers with a set of seven basic principles distilled from the most up-to-date information in the field that they need to breastfeed successfully. **From the Hips** Rebecca Odes, Ceridwen Morris, 2007-05-22 Drawing on the experiences of hundreds of real parents and the expertise of doctors, midwives, and other birth and baby pros, this indispensable resource is filled with the most accurate and up-to-date information about having and caring for a baby, including: Decisions, Decisions: A judgment-free breakdown of every major choice, including prenatal testing, natural vs. medical childbirth, circumcision, breast or bottle feeding, and work-life options. The Endless No: What not to eat, take, and do when you're pregnant. Get the real facts behind the prohibitions. I Want My Life Back: Anxiety, regret, ambivalence, and other rarely discussed postpartum emotions. Parents and Partners: A look beyond the one-size-fits-all approach to family with strategies for minimizing perfect parent pressure and managing your real-life relationships through the changes. Sorting

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**How to Write for a General Audience** Kathleen A. Kendall-Tackett,2007 This work shows academics how to communicate their ideas effectively to a wider audience With humor and personal anecdotes she provides practical information on coming up with ideas for articles and books beating procrastination and writing effective jargon free prose Most academics know little about the business end of publishing In this book they ll find helpful tips on locating a publisher pitching an idea working with editors negotiating a book contract and promoting one s finished product

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