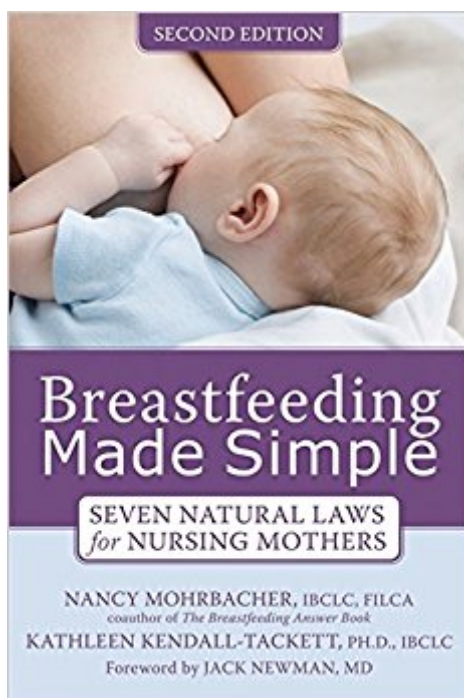


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# Breastfeeding Made Simple: Seven Natural Laws For Nursing Mothers



## 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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## Customer Reviews

"I recommend this groundbreaking book to all my clients." âDiane Wiessinger, MS, IBCLC"I fell in love with this book; every page is a jewel. It simply âdeliversâ<sup>TM</sup> what every mother needsâ"the natural laws to build a breastfeeding relationship. Understanding the first forty days has changed the way I talk to new parents and teach breastfeeding supporters. Finally, here is a book that talks about breastfeeding without all the rules. This book lives in my bag to share with everyone!"  
âCarrie Finger, BFA, IBCLC, LCCE, lactation program director at Aviva Institute

In this second edition of *Breastfeeding Made Simple*, two breastfeeding specialists explain the seven natural laws of breastfeeding that can help new mothers breastfeed successfully and easily.

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). 2) They are CLEARLY proponents of "attachment parenting" which I do not agree with. I am NOT baby wearing round the clock. PLUS, our baby is blessed with an affectionate, loving, sweet, gentle man of a father anyone could ask for and he will also feed our little one pumped breast milk from bottles. They really leave fathers out of the equation and clearly don't like the idea of sometimes bottle feeding the breast milk so mom can get a break (and so Dad can bond with his little one!) also, if the dad sometimes feeds the baby, the baby will more likely accept milk from the father, bedtime with father, if father sometimes handles night feedings, and also baby sitters. There is very little support or mention on others bonding with baby. Dad may as well not exist. But there are a lot of amazing fathers out there! 3) They don't believe in mom taking breaks. They clearly think you must get up to breastfeed for years on end. They do not care if mom ever sleeps through the night ever again, they actually talk about you waking up for night feedings

way down the line (two years) when your baby can certainly sleep through the night without a feeding.4) They are not into bottles at all. They seem to think bottles and breast pumps are so inferior to your breast because your baby has to be glued to your body day and night, because they need skin on skin contact blah blah blah. I know that the longer breast milk is stored in the fridge or freezer, the more it loses antibodies, but sometimes a bottle of breast milk is a help!5) They repeatedly advise cosleeping, which is not feasible for everyone.6) They seriously try to argue that babies should be breastfed for YEARS, until they decide to wean. I kid you not. They talk about nursing up to five and seven years. I found that kind of gross, and I personally was breastfed by my mom until I weaned quite late (almost 2 years old). Still, the concept of a child in kindergarten breastfeeding is strange to me. They even cite a research study that children who aren't breastfed until age 3 have a much higher death rate. It's not referring to American children who have good food and water. I'm sure if you live in a third world country with contaminated water and poor food supply, breastfeeding would make your child healthier. But to say that we should breastfeed for 3 years or risk compromising our children's immune systems is pretty far fetched. I aim to give our child two years of breastfeeding, and perhaps continue to pump milk for the sake of the antibodies and nutrients. I don't see why giving cow's milk would be better than human mama's milk in a sippy cup.7) As some other reviewers noted, there is an underlying, not-so-subtle, continuous pounding away at the need to constantly breastfeed, to constantly give give give to your baby, to be always attached, to sleep with, etc. It is rather overkill. So, you ask, why do I give 4 stars to a book that clearly bothered me and put me off so much? Because the information on breastfeeding was so excellent, I slogged through the muck in order to absorb all that information so I can put it to use for our baby's benefit. If you edited out all that biased, repetitive, sometimes far-fetched material, you would be left with a fine compilation of comprehensive, detailed, useful, and obviously expert advice. I can imagine many a mother saved by reading a paragraph in the book. There are countless gems of advice. It was well worth the read. UPDATE: I have now been exclusively breastfeeding our baby since she was born, over 6 months ago. We started introducing solids at 6 months (as recommended by the World Health Organization) but she's not too interested in solids yet. Which is ok. Breastfeeding is going great and she's absolutely thriving, mentally, physically, and emotionally. The advice and knowledge from this book has been extremely helpful. Again, the book did help me a few times when we were confused about quantities, supply changing, what was healthy, what was normal... tips and pointers, and also, holy COW! Cluster feeding, WOW, the book helped me stay steady during those crazy cluster-feeding times, when we called her a "milk-a-holic" so the book was a huge help, despite the nutty stuff in the book that I mentioned. I also helped me

avert problems when she had a bout with jaundice at birth and they tried to get us to give her formula, but I knew from the book that it could cause problems so I insisted on them giving me a hospital pump and I pumped and fed her colostrum with perfect success, so she was able to just breastfeed and I maintained my milk supply. My friend didn't know to do that, and the same thing happened to her in the hospital and it messed up the breastfeeding relationship and despite her devoted efforts, her supply was lowered and she has had to supplement breast milk with formula ever since, which was problematic as her little one didn't tolerate ANY formula well, had stomachaches and vomited up even the most expensive, organic stuff on the market, but she doesn't have enough breastmilk - would you believe, I was able to donate some of my extra milk to her baby - what an honor to be able to help out. Also my baby had a minor surgery at age 3 weeks and was to be separated from us during the operation and unable to eat for 12 hours but thanks to this book, I knew to demand a pump to maintain supply and prevent engorgement. This book also helped me prevent any clogged ducts, pain, chapped nipples (hint - use breast milk - no need for the fancy creams I was given, just dabbing some breast milk on after each nursing worked better). So, 4 stars for immense value and dearth of information. 1 star deducted for annoying, far-fetched, extreme views, and repetition. PS: be advised there is nothing "simple" in this book, other than the word "simple" in the title. It is like a text book on breast feeding, and it made me aware how much more complicated breast feeding is than I ever imagined! But it gets easier and easier and it makes our baby so happy and comforted! So... Good luck to all you families out there, in feeding your sweet babies (:

This book was helpful when I was exclusively pumping for our third child. However, I found the tone to be a bit preachy at times, which was a huge turnoff for me. I didn't need to be convinced to breastfeed; I needed help in figuring out how to do it effectively. In this way, the book's advice was on par with what I got from the hospital's lactation consultants. I recommend *The Breastfeeding Mother's Guide to Making More Milk* as a much more supportive alternative.

Of all the breastfeeding books I have read, which may just have been about all of them out there throughout my 5 pregnancies and births, this is the book that truly helped me understand what is going on between my body and my baby and what I can do to help myself and baby through the transition from pregnancy to successfully breastfeeding. This book is so full of knowledge and help for the new mom learning how to breastfeed and how to deal with common challenges, as well as the genius ways nature has set the whole breastfeeding thing up for success if we clue in. Not only

is it great for first timers, I learned massive amounts from reading it with my 3rd. It was full of ah-ha moments and helped me through many challenges, as establishing breastfeeding has always been the hardest part of giving birth for me. This is the one and only book that I have read that enabled me to address my problems at home and with confidence. It was a fabulous education on breastfeeding in general, but I especially appreciated the new-to-me information on infants reflexes and how to work with them and not against them, which I had been doing; it helped me figure out a way to get baby latched on well better than any nurse ever did; and it helped me get through those first challenging 6 weeks of engorgement, nipple pain, round the clock breastfeeding, etc. It explains the physiology of your body and baby's body and brings so much understanding of the whole process of breastfeeding that it dispelled much of my anxiety. I was so relieved to read of the reason for the unceasing nursing when it seems like baby just isn't getting enough. I know that I am not the only mom that has worried that maybe I am just not producing enough and might need to supplement. It was such a comfort to read that this is baby's way of ensuring enough milk production, and not necessarily a lack of milk. It also gave the signs of baby truly not getting enough milk. Such a relief. Knowing that feeling like a round the clock human pacifier was only temporary and would ensure that I would make enough for baby's next growth spurt made it bearable. There are just so many gems that I found in this book, I can't say enough good things about it. I now give a copy or recommend it to all my expecting friends and family. It is the best and most helpful book on breastfeeding I have ever read.

This book helped immensely. I used it with my 3rd baby after realizing breastfeeding is not so "natural" that you can always easily do it in a society that hasn't had previous generations breastfeeding or doctors that help a whole lot. I learned so much this time around that I was able to breastfeed for years instead of months. Great book.

I loved this book! I bought and read it before I gave birth to my daughter, and then when I was first starting out breastfeeding I would consult it when I had questions. It had a number of tricks and pointers (side-lying breastfeeding, the "sandwich" analogy) that were helpful to me as a first time mom. I enjoyed reading about what to expect from breastfeeding and what the timeline would be, and the reminders that breastfeeding is a relationship that, although natural, demands commitment and perseverance, more than once made me feel better about how things were going. The section on pumping was also helpful to me because I knew that I would be going back to work. 5 months later we are still going strong, and I think this book is part of the reason why. To address one

criticism that I saw in other reviews, I did not think that the book was overly pushy, but to be fair I will say that I was 100% committed to breastfeeding from the time I found out I was pregnant and that may color my judgement.

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