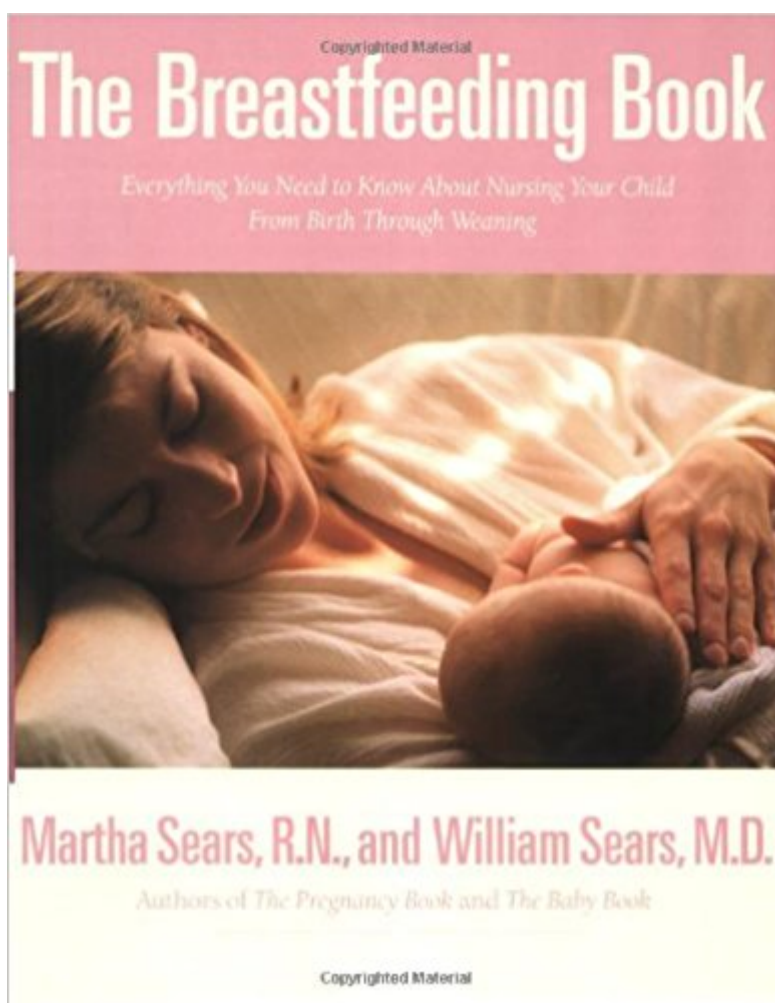


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# The Breastfeeding Book: Everything You Need To Know About Nursing Your Child From Birth Through Weaning



## Synopsis

A fully updated version of the Dr. Sears guide to breastfeeding, a perennial parents' favorite for nearly two decades. In recent years there has been a resurgence of interest in breastfeeding. Yet first-time mothers often lack the support and the knowledge they need. Many of the available books fail to address the practical challenges that confront many women (especially women who work outside the home) when they choose to breastfeed. For these women, *The Breastfeeding Book* is a godsend -- with comprehensive, reassuring, authoritative information on: how to get started, including tips for latching on; increasing your milk supply; breastfeeding in absentia; pumps and the new technology associated with breastfeeding; making sure your nursing baby gets the nutrition it needs; nighttime breastfeeding; breastfeeding and fertility; toddler nursing and natural weaning; and much more. Taking a realistic, contemporary approach, the Seases bring an age-old practice completely up to date. Their encyclopedic guide to the art and science of breastfeeding enables all women to experience and enjoy one of nature's most rewarding relationships.

## Book Information

Paperback: 272 pages

Publisher: Little, Brown and Company; 1 edition (March 2, 2000)

Language: English

ISBN-10: 0316779245

ISBN-13: 978-0316779241

Product Dimensions: 7.8 x 0.8 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 138 customer reviews

Best Sellers Rank: #88,951 in Books (See Top 100 in Books) #12 in [Books > Science & Math > Biological Sciences > Animals > Reptiles & Amphibians](#) #54 in [Books > Medical Books > Nursing > Pediatrics](#) #339 in [Books > Parenting & Relationships > Parenting > Early Childhood](#)

## Customer Reviews

"...an invaluable resource..." -- Mothering, 9-10/00

Martha Sears, RN and William Sears MD are the pediatrics experts to whom American parents turn for advice and information on all aspects of pregnancy, birth, childcare, and family nutrition. Martha Sears is a registered nurse, certified childbirth educator, and breastfeeding consultant. Dr. Sears was trained at Harvard Medical School's Children's Hospital and Toronto's Hospital for Sick

Children, the largest children's hospital in the world. He has practiced pediatrics for nearly 50 years. Together, the Seases have authored more than 40 pediatrics books.

This is an incredible book. I read three breastfeeding books in anticipation of nursing my child. This one is by far the best of the bunch. It is informative, supportive, easy to read, and contains all the information you could ever want. It also is written in a style that is incredibly supportive of a new mom (as I was). It can be used as a reference book, but it is interesting enough that it is a great cover to cover read (I read it while nursing!) And -- if one has problems with nursing in the beginning (as I did), it gives you the support and encouragement needed to keep trying. Another friend of mine to whom I sent the book said that without it, she would have quit. I cannot recommend this book highly enough.

I didn't even finish this book as I couldn't handle the repetitive nature. What could be said in one paragraph is repeated in different ways to cover multiple pages -- I get it, breast is best, which is why I'm reading this book to begin with. You don't have to preach. There is some helpful information about latching, etc, but the amount of useful tidbits and guidance has thus far has been minimal compared to the total length of the book. Being pregnant with my first child I was looking for more information about how to breastfeed successfully and how to identify cues to establish a good routine, not why I should and why I'll be a failure if I don't. Mostly, I could handle the information provided if I didn't feel like it was repeated over and over. I work better with straightforward, to the point information, not droning on and on without getting to the point. It was way too verbose for my liking -- definitely quantity of quality!

It is so important for a new mom to have a breastfeeding book like this one. It saved me from sore nipples and I was able to breastfeed without a lot of stress because I knew what to expect and how to avoid problems- thanks to this book. I love the sears books in general. The Discipline book is one both my husband and I love.

This book is full of helpful information and how-to's. If you're set on breastfeeding exclusively, go ahead and buy it. If you are thinking of supplementing, pick another book because this one will make you feel bad about it. I agree with the majority of the information, although sometimes it's presented in a really preachy manner. Oh- and skip the intro - it really made me wonder about these people when I read that she had breastfed one of her children for FOUR YEARS! Look past the

preachy attitude and you will find this book very helpful.

I just started the book, but so far it has changed my mind on breast feeding. I'm due June 2014. The breast feeding topic makes me nervous and more nervous to actually do it. This book is changing my thoughts and nervousness on breast feeding. There are many reasons so far on why it's changing my mind. Two of the reasons are less likely to have diabetes and less likely to get as many ear infections. My husband has diabetes as well as his parents and grandpa. I was prone to ear infections when a infant to toddler. So read this book especially if your unsure about breast feeding.

This book is priceless. It is very informative and very useful. I credit this book with a huge part of my success breast feeding my son. He is 6 months old and has been exclusively breast fed. The section explaining what a proper latch is is extremely important for a first time Mom. If the baby latches correctly from the start, then your nipples won't get hurt and you are a lot more likely to be successful breast feeding. It explains how to maintain your supply. It also explains storage and shelf life of breast milk. I highly recommend this book! It has been invaluable!

I love love love this book!! As a first time mom I read this book from the beginning of my pregnancy. I was so determined to be successful in breastfeeding. I learned so much my mommy friends were coming to ME for breastfeeding advice BEFORE I had my baby!! And found the advice successful! My son was latched and nursing 2 hours after my c-section. Because of the advice in this book, I learned to latch him every hour, and I give this book the credit for my milk coming in 24 hours after my son's birth!! I handled my engorgement according to the book's instructions and my engorgement only lasted a couple days! My son is 8 weeks old and to this day has never had formula! I'm so grateful to the Sears family for publishing this book! I absolutely recommend it to anyone who wants to breastfeed or is currently breastfeeding.

A friend gave this book to me when I first started breastfeeding and felt like giving up. I read through bits and pieces of it and with the information I never gave up. I in turn have bought it for a few friends who have struggled with breast feeding and they have loved it.

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