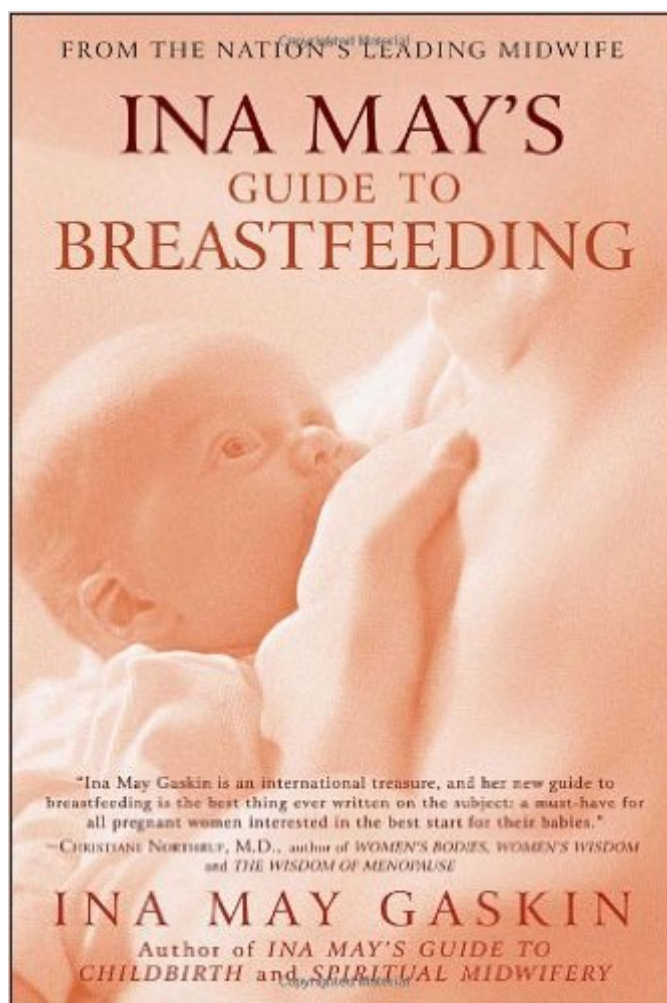


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# Ina May's Guide To Breastfeeding: From The Nation's Leading Midwife



## Synopsis

Everything you need to know to make breastfeeding a joyful, natural, and richly fulfilling experience for both you and your baby. Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your baby in the most fulfilling way possible. Inside you'll find answers to virtually every question you have on breastfeeding, including topics such as the benefits of breastfeeding, nursing challenges, pumps and other nursing products, sleeping arrangements, nursing and work, medications, nursing multiples, weaning, sick babies, nipplephobia, and much more. Ina May's Guide to Breastfeeding is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May.

## Book Information

Paperback: 352 pages

Publisher: Bantam; 1 edition (September 29, 2009)

Language: English

ISBN-10: 0553384295

ISBN-13: 978-0553384291

Product Dimensions: 5.9 x 0.8 x 9 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (146 customer reviews)

Best Sellers Rank: #15,238 in Books (See Top 100 in Books) #48 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #102 in [Books > Parenting & Relationships > Parenting > Early Childhood](#) #280 in [Books > Health, Fitness & Dieting > Alternative Medicine](#)

## Customer Reviews

I am a labor, delivery and postpartum RN and mother of a 10 month old. I loved this book. It was factually accurate and provided information I have not found in other breastfeeding resources. In particular, I appreciated her realistic view of women returning to work and continuing to breastfeed. She had excellent information about the use of a breastpump and what to expect while using one. I also liked her more "moderate" view on breastfeeding unlike the the La Leche League's book. It was

nice to hear a more moderate voice in the world of breastfeeding. This book was also quite educational and discussed some rather fascinating accounts of lactation, such as women who were able to lactate post-menopausal and prior to pregnancy. I found this quite interesting and of value to discuss in a culture that seems to have the belief that lactation is difficult or unimportant. The only section I was somewhat ambivalent about was her discussion about "nipple phobia." While I do agree that our culture is "phobic" of seeing a woman's nipples, I'm not sure that the label adds value to the destruction of this state in our culture. Other than that, this book was the best breastfeeding resource I have ever read.

Ina May Gaskin has done it again. Full of information and insight, this page-turner of a book is a must-read. What a great baby shower gift! The book covers everything from the basics of breastfeeding to sleeping arrangements, to nursing twins, to what to do when babies get sick, to weaning, to eradicating nipplephobia and creating a breastfeeding culture. The appendices and resources at the end are also extremely helpful.

I am a post-partum nurse. I thought I knew a lot about breastfeeding, but Ina May proved that I still have a lot to learn. This book is filled with wonderful (evidence based!) tips for breastfeeding your baby. I've already used so many of the insightful stories, facts and suggestions in my practice. Many women think that they simply aren't made to breastfeed, but after reading this book I think a lot of those women would feel more empowered to stick with it and do what is best for themselves and their babies.

I enjoyed how the author covered a lot of information in a relatively short space. The book contains more than the average new mom seeking basic breastfeeding how to would like to know but is a great resource for the person that wants to know more. I specially enjoyed the historical anecdotes and the home remedies for breastfeeding ailments. This is a very good book to have for a woman committed to making breastfeeding work.

Like most of Ina May's books, you can tell that she is well-studied on the topic. I really appreciate her zeal to study and research outside of the present day and the US. I gave it a 4 because I did not really see this as a guide to breastfeeding (which being a new momma is what I was hoping for). It seems to be written more to inform and convince.

I didn't know the first thing about breastfeeding, but when I became pregnant with my son I knew I wanted to give him the best start to life I possibly could. This book was recommended to me by a friend and I'm so glad I ordered it. I read this throughout my pregnancy and whenever I had a problem in the early weeks of nursing. I know this book is why I have been successful! Going on 5 months of breastfeeding now and not stopping any time soon. Thank you Ina May!!!!

I found that as a first time mom I knew more about breastfeeding, and was better prepared than some 2nd or 3rd time moms I had talked too. I credit the thorough covering of this book to helping me to successfully exclusively breastfeed my twins by avoiding mistakes that could damage my supply. As with Ina May's Birth book, I felt that this too was a little overkill with the antidotes, and only made it 1/4 a way through those before I skipped to the more informative 2nd half.

Better than any other breastfeeding book I have read. Fantastic pointers in "how to" but not pushy in you "have to". It opened up my eyes about our very own culture and what we have done to the most natural "thing" in the world.

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