

100 Questions & Answers About Breastfeeding

Karin Cadwell, Cindy Turner-Maffei, Anna Cadwell Blair

Jones & Bartlett Publishers (October 5, 2009)



Summary:

This text is an evidence-based, comprehensive approach to the many questions women have when they are thinking about breastfeeding and during the time they are breastfeeding their baby. The only text available to provide both the nurse's and patient's views, 100 Questions & Answers About Breastfeeding gives you authoritative, practical answers to your questions. Written by two prominent nurses, Karin Cadwell and Cindy Turner-Maffei, with

Genre: Medical

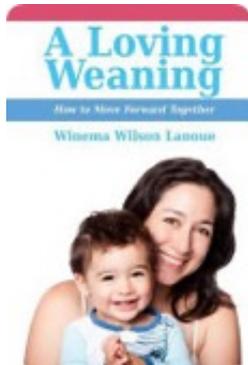
Number of Pages: 219

Language: English

ISBN: 9780763787530

Reading Status: Unread

Date Added: October 22, 2019



A Loving Weaning How to Move Forward Together

Winema Wilson Lanoue

Praeclarus Press (July 19, 2017)



Summary:

"For the breastfeeding mother, deciding when or how to stop nursing can be as challenging as the first few days home with her newborn. This power-packed book is 150 pages of sage advice, useful evidence-based information, and timely tips mothers will appreciate." -Leslie Cree BA, IBCLC Weaning from breastfeeding does not have to be confusing or difficult. When viewed as a journey of partnership and love, it can strengthen the parent-child bond and build trust and confidence. In this book, Winema Wilson Lanoue discusses the issues surrounding weaning, addresses the most frequently asked questions, and shows how parents can create a weaning plan that works for their unique family.

Number of Pages: 178

Language: English

ISBN: 9781946665034

Reading Status: Unread

Loaned To: Michaela

Date Loaned: March 3, 2020

Date Added: October 22, 2019



♥ Baby Baby Oh Baby La Crianza De In Bebe Hermosillo Y Saludable Con La Lactancia (DVD)

Stark Productions



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ Baby Baby Oh Baby Nurturing Your Gorgeous & Growing Baby By Breastfeeding (DVD)

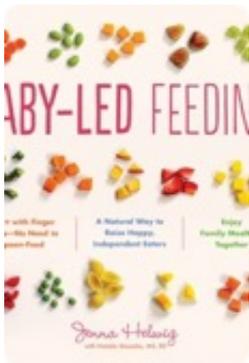
Stark Productions



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ Baby-led Feeding A Natural Way to Raise Happy, Independent Eaters

Jenna Helwig, Natalia Stasenko

Houghton Mifflin Harcourt (2018)



Summary:

What if you could skip the tiny jars and pouches of bland baby food in favor of a more natural, flavor-filled, and family-friendly transition to solid foods? Baby-led feeding (also known as baby-led weaning) is just that. Feeding your baby a variety of healthy, wholesome solid foods, rather than relying solely on purees, is thought to promote motor skills and establish lifelong healthy eating habits. Here, author and food editor at Parents magazine Jenna Helwig gives an easy-to-follow introduction to this popular new method. With more than 100 ideas and recipes, this bright, photo-driven book includes chapters on the benefits of this approach, when and how to get started, essential safety and nutrition guidelines, frequently asked questions, basic fruit and vegetable prep, more complex finger foods, and family meals. All recipes have been reviewed by a registered dietitian and include nutrition information to ensure a healthy mealtime.

Genre: Family & Relationships

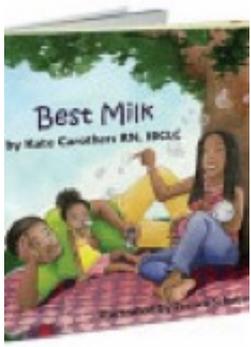
Number of Pages: 208

Language: English

ISBN: 9780544963405

Reading Status: Unread

Date Added: October 22, 2019



♥ Best Milk

Kate Carothers (RN.)

Katalac Books, LLC (October 2, 2014)



Summary:

Best Milk is a children's book that helps explain breastfeeding for older siblings featuring an African American family. The delightful story is told from the toddlers perspective.

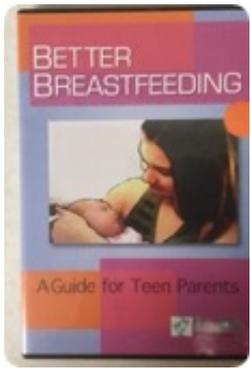
Genre: Juvenile Fiction

Language: English

ISBN: 9780692306154

Reading Status: Unread

Date Added: October 22, 2019



♥ Better Breastfeeding: A Guide For Teen Parents (DVD)

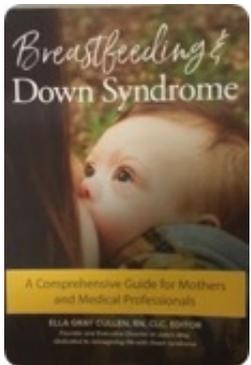
InJoy Birth & Parenting Education



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ Breastfeeding & Down Syndrome A Comprehensive Guide For Mothers And Medical Professionals

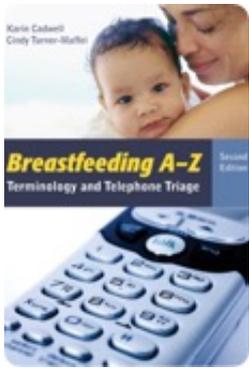
Ella Gray Cullen



Genre: Medical

Reading Status: Unread

Date Added: October 29, 2019



♥ **Breastfeeding A-Z
Terminology and Telephone Triage**

Karin Cadwell, Cindy Turner-Maffei

Jones & Bartlett Publishers (December 15, 2012)



Summary:

Breastfeeding A-Z: Terminology and Telephone Triage, Second Edition provides lactation consultants, nurses, physicians, and nutritionists with evidence-based information on breastfeeding issues that may present as telephone calls. Completely updated and revised with new health policy information, this new edition covers the triage guides for common problems such as breast pain, engorgement, and concerns about milk supply. Also included is an encyclopedia of terms relevant to breastfeeding in both plain language and in medical terminology. Important words direct further questions and help readers clarify the situation and decide the appropriate urgency and disposition of the case. Breastfeeding A-Z: Terminology and Telephone Triage, Second Edition is ideal for new and experienced clinicians.

Genre: Health & Fitness

Number of Pages: 622

Language: English

ISBN: 9781449687762

Reading Status: Unread

Date Added: October 22, 2019



♥ **Breastfeeding Comprehensive (DVD)
Teaching The World... One Mother At A Time**

Stephanie Schulz Neurohr And G. Hunt Neurohr, MD

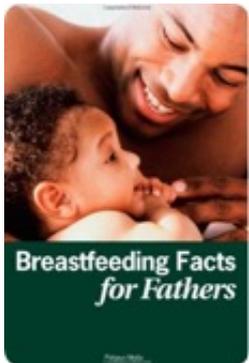
Mother Of 7, Inc.



Genre: DVD

Reading Status: Unread

Date Added: October 22, 2019



♥ **Breastfeeding facts for fathers**

Dia L. Michels

Platypus Media (2009)



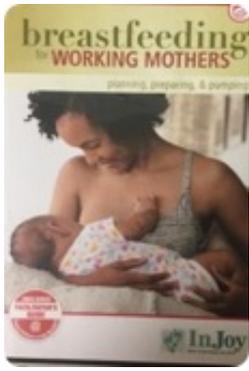
Genre: Dad Resources

Number of Pages: 40

ISBN: 9781930775497

Reading Status: Unread

Date Added: November 4, 2019



♥ Breastfeeding For Working Mothers (DVD)

Planning, Preparing, Pumping

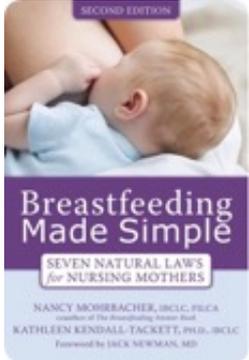
InJoy Birth & Parenting Education



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ Breastfeeding Made Simple

Seven Natural Laws for Nursing Mothers

Nancy Mohrbacher, Kathleen Kendall-Tackett

New Harbinger Publications (December 1, 2010)



Summary:

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

Genre: Health & Fitness

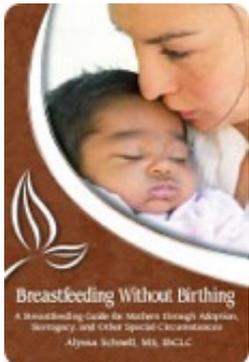
Number of Pages: 352

Language: English

ISBN: 9781608821754

Reading Status: Unread

Date Added: October 22, 2019



♥ Breastfeeding Without Birthing

A Breastfeeding Guide for Mothers Through Adoption, Surrogacy, and Other Special Circumstances

Alyssa Schnell

Praeclarus Press (April 12, 2013)



Summary:

Breastfeeding without Birthing is an essential guide to breastfeeding for mothers through adoption, surrogacy, and other special circumstances. All breastfeeding-without-birthing mothers who wish to provide their own milk for their baby will learn the tools and techniques for inducing lactation without pregnancy and birth.

Number of Pages: 200

Language: English

ISBN: 9781939807007

Reading Status: Unread

Date Added: October 22, 2019



♥ **Bye-Bye Nah-Nahs**
A Weaning Book

Rosamond Rice

Easy Tiger Books (September 16, 2017)



Summary:

Join little ones across the globe as they learn to say "Bye-Bye" to nursing and "Hello" to the fun that awaits! "Bye-Bye Nah-Nahs" tenderly supports mother and child through the emotional and exciting experience of weaning with a simple multi-language text, diverse characters and colorful illustrations. This book was created by a nursing mother for nursing mothers and their beautiful, growing babies/toddlers/preschoolers. Written primarily in English, the characters in this book represent diverse backgrounds that reflect our global community and how nursing connects us all. Simple phrases in Spanish, French, Hawaiian and Japanese are included along with their English translations.

Genre: Juvenile Fiction

Number of Pages: 32

Language: English

ISBN: 9780692864210

Reading Status: Unread

Loaned To: Michaela

Date Loaned: March 3, 2020

Date Added: October 22, 2019



♥ **Caring For Your Baby (DVD)**
English And Spanish

Channing Bete Company, Inc.



Genre: DVD

Reading Status: Unread

Date Added: November 4, 2019



♥ **Dad + Baby A 10 Minute Breastfeeding Guide**

LA Publishing

LA Publishing



Genre: Dad Resources

Reading Status: Unread

Date Added: November 4, 2019

Notes: 24 copies



♥ **Dad's Guide To Breastfeeding**
Pocket Pal

Positive Promotions

Positive Promotions

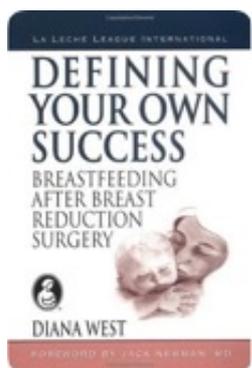


Genre: Dad Resources

Reading Status: Unread

Date Added: November 4, 2019

Notes: 50 copies



♥ **Defining Your Own Success**
Breastfeeding After Breast Reduction Surgery

Diana West

La Leche League International (2001)



Summary:

Exploring the many aspects of breastfeeding for a mother who has had breast reduction surgery, this book combines up-to-date research with experience and advice from breastfeeding mothers. This first of its kind publication is ideal for health care professionals and mothers alike, addressing the questions and myths that are associated with if and how a mother can breastfeed after breast reduction surgery. In the past, this may have been more true but with advances in surgical techniques for reduction mammoplasty (breast reduction), surgeons are increasingly able to preserve milk-producing tissue so that women who have had breast reduction are able to breastfeed. Even so, however, many surgeons and health care professionals are still unaware of the effects these types of surgeries have on breastfeeding. Unfortunately, in a day and age when the phenomenal and unmatched benefits of breastfeeding are returning to the forefront of common knowledge and medical wisdom, many of these women feel forced to abandon breastfeeding in favor of exclusive formula feeding simply because no one around them knew enough about their specific issues to be able to educate them or fully support their efforts. The truth is most of these women are capable of breastfeeding and they should have the information they need in order to empower them to give their very best to their babies.

Genre: Family & Relationships

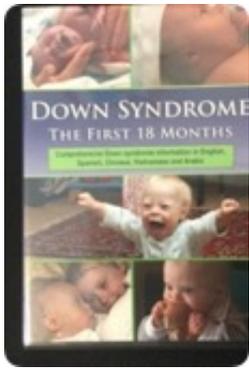
Number of Pages: 328

Language: English

ISBN: 9780912500867

Reading Status: Unread

Date Added: October 22, 2019



♥ Down Syndrome: The First 18 Months (DVD)

Will Schermerhorn

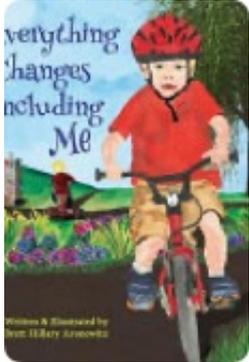
Blueberry Shoes Productions LLC



Genre: DVD

Reading Status: Unread

Date Added: October 22, 2019



♥ Everything Changes Including Me

Brett Hillary Aronowitz

CreateSpace Independent Publishing Platform (February 4, 2016)



Summary:

Bright, colorful pages illustrate, *Everything Changes Including Me*, a picture book, told in verse, from the perspective of an older child. This delightful poem, along with its semi-realistic watercolor illustrations, aims to introduce the nursing and weaning toddler to the concepts of growth and change as tied to various activities during different seasons and weather, and include a time when mommy's milk is gone.

Genre: Juvenile Fiction

Number of Pages: 34

Language: English

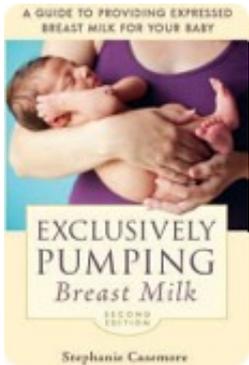
ISBN: 9781523271900

Reading Status: Unread

Loaned To: Michaela

Date Loaned: March 3, 2020

Date Added: October 22, 2019



♥ Exclusively Pumping Breast Milk

A Guide to Providing Expressed Breast Milk for Your Baby

Stephanie Casemore

Gray Lion Publishing (November 1, 2013)



Summary:

An alternative to formula exists! When breastfeeding doesn't work out, situations such as a premature or an ill baby delay breastfeeding, or you simply choose not to breastfeed, exclusively pumping breast milk-using a breast pump to initiate and maintain lactation-is a viable option and can be done on a long-term basis. Exclusively Pumping Breast Milk offers women the knowledge, advice, and support necessary to initiate and maintain their milk supply with a breast pump. This second edition of the first-and most comprehensive-book about exclusively pumping offers well-researched information, and plenty of tips and tricks, to help you on your journey. In addition to the basics of exclusively pumping, the second edition includes information on lactation and breast milk composition, increasing and decreasing supply, overcoming common challenges, pumps and accessories, storing expressed milk, weaning, and also a chapter specifically for mothers with babies in the NICU. Exclusively pumping breast milk is possible and this book will provide the accurate information and support necessary for you to provide your baby with "expressed love."

Number of Pages: 284

Language: English

ISBN: 9780973614220

Reading Status: Unread

Date Added: October 22, 2019



Good Moms Have Scary Thoughts

Karen Kleiman

Familius LLC (2019)



Summary:

Over 90 percent of new mothers will have scary, intrusive thoughts about their baby and themselves. What if I drop him? What if I snap and hurt my baby? Mothering is so hard--I don't know if I really want to do this anymore. Gosh, I'm so terrible for thinking that! Yet for too many mothers, those thoughts remain secret, hidden away in a place of shame that can quickly grow into anxiety, postpartum depression, and even self-harm. But here's the good news: you CAN feel better! Author Karen Kleiman--coauthor of the seminal book *This Isn't What I Expected* and founder of the acclaimed Postpartum Stress Center--comes to the aid of new mothers everywhere with a groundbreaking new source of hope, compassion, and expert help. *Good Moms Have Scary Thoughts* is packed with world-class guidance, simple exercises, and nearly 50 stigma-busting cartoons from the viral #speakthesecret campaign that help new moms validate their feelings, share their fears, and start feeling better. Lighthearted yet serious, warm yet not sugary, and perfectly portioned for busy moms with full plates, *Good Moms Have Scary Thoughts* is the go-to resource for moms, partners, and families everywhere who need help with this difficult period.

Genre: Family & Relationships

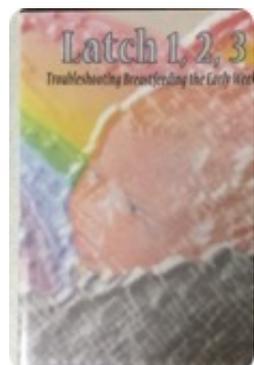
Number of Pages: 160

Language: English

ISBN: 9781641701303

Reading Status: Unread

Date Added: October 22, 2019



Latch 1,2,3 (DVD)

Troubleshooting Breastfeeding The Early Weeks

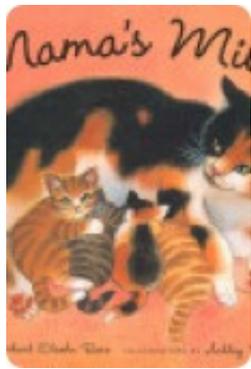
The Healthy Children Project



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ Mama's Milk

Michael Elsohn Ross

Tricycle Press (2007)



Summary:

Celebrating the warm and loving bond between mammal mamas and their babies, this lushly illustrated, lyrical book shows little ones doing what comes naturally: nursing. A perfect choice for cuddling up with a breast-feeding child or the older sibling who wonders how the new baby gets fed. A tender look at humans and animals breast-feeding in their natural habitats. Promotes infant health and attachment parenting. A thoughtful, supportive gift for new and soon-to-be moms. Fascinating nursing facts included: Kangaroo milk is pink! Calf elephants may nurse up to 5 years! Reviews "There's nothing more natural than a baby nursing from its mother, and this theme serves as the inspiration for a moving tale that celebrates the miracle of breastfeeding. . . An ode to all things maternal." -Publishers Weekly "This cozy offering will be welcomed by parents who want to share the joy and naturalness of breastfeeding with their children." -Marge Loch-Wouters, Menasha Public Library, WI School Library Journal

Genre: Juvenile Fiction

Number of Pages: 30

Language: English

ISBN: 9781582461816

Reading Status: Unread

Date Added: October 22, 2019



♥ Medications and Mothers' Milk

Thomas Wright Hale, Hilary E. Rowe

Hale Publishing (2014)



Summary:

Now in its 16th Edition, Medications and Mothers' Milk, is the worldwide best selling drug reference on the use of medications in breastfeeding mothers. This book provides you with the most current, complete, and easy-to-read information on using medications in breastfeeding mothers. This massive new update has hundreds of new drugs, diseases, vaccines, and syndromes. It also contains numerous new tables, and changes to hundreds of existing drugs. Written by a world-renown clinical pharmacologist, Dr. Thomas Hale, this drug reference provides includes everything that is known about the transfer of various medications into human milk, and the use of radiopharmaceuticals, the use of chemotherapeutic agents, and vaccines in breastfeeding mothers. This new and expanded reference has data on more than 1,300 drugs, syndromes, vaccines, herbals, and many other substances. The appendices are full of information on radioactive drugs and tests, over-the-counter drugs, and much more. New to this Edition: More than 200 new drugs, vaccines, herbals, and chemicals. Major updates to many existing drugs and other substances. New data on close contact restrictions following radioisotope use. Many new radiocontrast agents. Updated tables on birth control medications

Genre: Medical

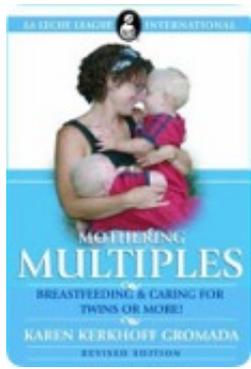
Number of Pages: 1,275

Language: English

ISBN: 9781939847386

Reading Status: Unread

Date Added: October 22, 2019



Mothering Multiples Breastfeeding & Caring for Twins Or More

Karen Kerkhoff Gromada

La Leche League International (2007)



Summary:

LaLeche League International is proud to announce the publication of a book that will help mothers nurse their multiple babies with confidence. In the third revised edition author Karen Kerkhoff Gromada, IBCLC, offers invaluable information with an emphasis on breastfeeding and attachment-style parenting. Many concerns that parents of multiples may have are also addressed, including: What are the risks of a multiple pregnancy? What can a mother do to avoid complications? How can a mother continue meeting her babies' needs if one or more experiences an illness or needs to be hospitalized? What can a mother do to comfort two or more fussy babies? How can a mother, father, and older siblings adjust to the physical and emotional demands of caring for multiple babies? What are the challenges of caring for toddler multiples? Gromada has worked with thousands of multiples as a La Leche League Leader for more than 30 years and is a registered nurse and lactation consultant.

Genre: Family & Relationships

Number of Pages: 429

Language: English

ISBN: 9780976896937

Reading Status: Unread

Date Added: November 4, 2019



Papa + Bebe Una Guia Facial Para La Lactancia

LA Publishing

LA Publishing

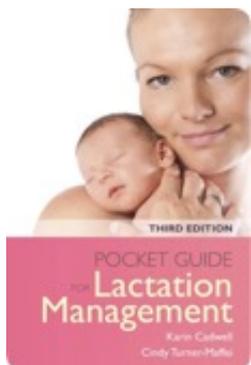


Genre: Dad Resources

Reading Status: Unread

Date Added: November 4, 2019

Notes: 24 copies



Pocket Guide for Lactation Management

Cadwell, Cindy Turner-Maffei

Jones & Bartlett Publishers (July 22, 2016)



Summary:

Pocket Guide for Lactation Management, Third Edition is an essential resource for new and experienced lactation care providers. Convenient and easy-to-use, it offers problem solving and counseling strategies for the wide-variety of situations commonly encountered by those working with child-bearing families. Topics include breastfeeding and public health, the Ten Steps to Successful Breastfeeding for hospitals and birth centers, normal breastfeeding, and addressing challenges from both the mother's and baby's perspective. Completely updated and revised, the Third Edition includes new metric charts, updated growth expectations, new guidelines, the latest research, and an expanded glossary.

Genre: Medical

Number of Pages: 310

Language: English

ISBN: 9781284111200

Reading Status: Unread

Date Added: October 22, 2019



♥ **Real Moms Dads Talk About Breastfeeding (DVD)**

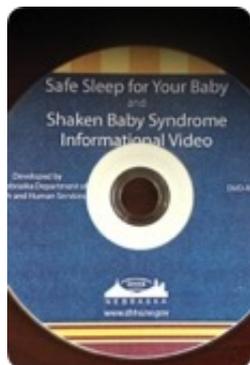
Baby Gooroo



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ **Safe Sleep/Shaken Baby Syndrome (DVD)**

NE DHHS



Genre: DVD

Reading Status: Unread

Date Added: November 4, 2019



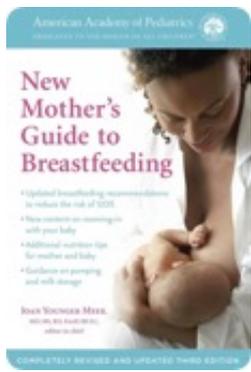
♥ **Tandem Nursing
A Pocket Guide**

Sarah Shapiro, IBCLC



Reading Status: Unread

Date Added: October 22, 2019



♥ The American Academy of Pediatrics New Mother's Guide to Breastfeeding (Revised Edition)

Joan Younger Meek

Bantam Books (2017)



Summary:

THE BREASTFEEDING BOOK YOUR DOCTOR RECOMMENDS Why is breastfeeding the optimal choice? What happens when my maternity leave is over? What's the safest way to store pumped milk? The American Academy of Pediatrics answers these questions and many more in this invaluable resource to help you and your baby get the healthiest possible start. With everything new mothers need to know about breastfeeding, this fully revised and updated edition covers the very latest in research, including - information for mothers preparing for the first feeding and adjusting to home, family, and work as a nursing mother - the latest on rooming-in with your baby to strengthen the parent-child bond - new recommendations to reduce the risk of SIDS - reassuring guidance on pumping and milk storage - expanded coverage of proper nutrition for nursing mothers - ideal ways to establish a nursing routine and what to do when returning to work - the father's role and creating a postpartum support network - solutions to common breastfeeding challenges Nursing mothers everywhere will find this book an indispensable guide to maximizing the lifelong benefits of breastfeeding that only the American Academy of Pediatrics can provide.

Genre: Family & Relationships

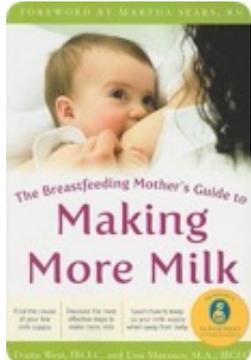
Number of Pages: 320

Language: English

ISBN: 9780399181986

Reading Status: Unread

Date Added: October 22, 2019



♥ The Breastfeeding Mother's Guide to Making More Milk: Foreword by Martha Sears, RN

Diana West, Lisa Marasco

McGraw Hill Professional (October 28, 2008)



Summary:

Concerned about making enough milk for your baby? Wondering how to make more? Two lactation experts are here to help. Separate fact from fiction with help from this comprehensive book about improving low milk supply. Written by two leading experts who have been there themselves and officially recommended by La Leche League International, The Breastfeeding Mother's Guide to Making More Milk incorporates the latest research and discoveries about causes of low milk supply, the way your body makes milk, and how babies contribute to your milk production. Best of all, you'll find valuable suggestions for both time-honored and innovative ways to make more milk. Learn the facts about: Determining if baby is really getting enough milk Supplementing without decreasing your supply Maximizing the amount of milk you can make Identifying the causes of your low supply Increasing your supply with the most effective methods, including pumping, herbs, medications, foods, and alternative therapies Making more milk when you return to work, exclusively pump, have a premie or multiples, relactate, or induce lactation

Genre: Family & Relationships

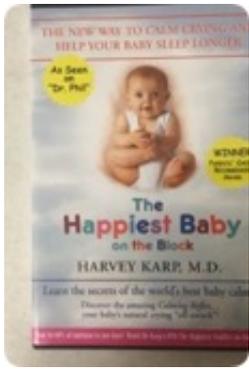
Number of Pages: 304

Language: English

ISBN: 9780071598576

Reading Status: Unread

Date Added: October 22, 2019



♥ The Happiest Baby On The Block (DVD)

Harvey Karp



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019



♥ The Magical Hour (DVD)

Holding Your Baby Skin To Skin In The First Hour After Birth

Kansa Brimdyr

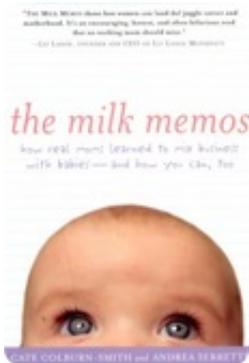
The Healthy Children Project



Genre: DVD

Reading Status: Unread

Date Added: October 23, 2019



♥ The Milk Memos

How Real Moms Learned to Mix Business with Babies- and how You Can, Too

Cate Colburn-Smith, Andrea Serrette

Penguin (2007)



Summary:

This one-of-a-kind guide to balancing motherhood and work is based on actual journals kept by a group of IBM women during their visits to the company's employee lactation room. It all began when IBM manager Cate Colburn-Smith sat down in the company's employee lactation room, shed a few silent tears, and wrote the following on a paper towel: I'm a new mom and today is my first day back at work. Is anyone else using this room? Right away women responded, and the paper towel was eventually replaced by a series of notebooks, in which women offered one another advice and support on juggling work and a newborn. Based on the original notebooks, The Milk Memos is a heartwarming, encouraging (and often hilarious!) guide to working motherhood. It's one of the most existential moments any woman will face: sitting in a small room tucked away in the bowels of your company, pumping breast milk for a child so close to your heart-yet, at that moment, so far away. The Milk Memos records the voices of mothers who, while struggling with the difficulties of blending their two lives, prove that women don't have to choose between work and family. Their thoughts on how it can be done will inspire women everywhere. This invaluable book weaves the actual Milk Memos journal entries with information-packed sections on such topics of great concern to working moms as: - finding a private place to pump breast milk at work and establishing a routine that you can maintain despite your busy workday; - establishing the right daycare solution; - getting a decent night's sleep with a new baby so that you can shine (or at least glimmer!) during business hours; and - negotiating flextime, part-time, or a job share with an employer. The ultimate gift for any new mom who will soon return to work, The Milk Memos is destined to become a classic on the parenting shelf.

Genre: Business & Economics

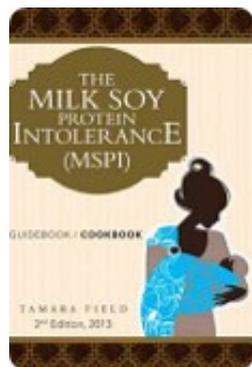
Number of Pages: 370

Language: English

ISBN: 9781585425440

Reading Status: Unread

Date Added: October 22, 2019



♥ **The Milk Soy Protein Intolerance (Mspi) Copy 1
Guidebook / Cookbook**

Tamara Field

AuthorHouse (December 1, 2013)



Summary:

I first heard of Milk Soy Protein Intolerance (MSPI) in January of 1997 at the office of a Pediatric Gastroenterologist who had just performed a procto-sigmoidoscopy and biopsy on my 7 week old son. He told me that Max's digestive problem was MSPI and that it would be much easier for me if I stopped breastfeeding now and put him on a special formula. Of course, at that moment my head was spinning; I had finally found out the reason my son had been screaming the first 7 weeks of his life and though I wanted to continue breastfeeding I did not want to cause him anymore pain. The Doctor told me that there was a diet I could follow to continue breastfeeding, but that it was very difficult to follow. Wanting to make the best choice for my son I stopped breast-feeding that day and started him on formula. In retrospect, the physician was right, even though I regret that I did not continue breastfeeding, with the demands of a new infant, and trying to figure out a complicated diet, would have been completely overwhelming. I knew though, that if I had any more children, I would try any diet possible in order to breastfeed. So, during the first few months of my pregnancy with my second son, Nate, I began preparing for the MSPI diet. Determined that I would not lack for good things to eat, and that I would find chocolate that was acceptable on this diet, I started shopping. Little by little, I found many alternatives for the food I previously enjoyed (the only exception being cheese!). I found chocolate, cake, brownies, casseroles, pasta, rice milk, rice, breads, fast food, eating out, and so much more, even a substitute for ice cream! It just took a lot of planning and a bit of ingenuity. This book is intended for the mother that has just heard her infant has milk soy protein intolerance and to begin the diet right away. This will help the mother find food she can eat, and thus continue breastfeeding her child.

Genre: Cooking

Number of Pages: 86

Language: English

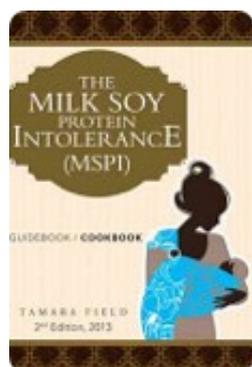
ISBN: 9781491838099

Reading Status: Unread

Loaned To: Alicia Sanchez

Date Loaned: November 12, 2019

Date Added: October 15, 2019



♥ **The Milk Soy Protein Intolerance (Mspi) Copy 2
Guidebook / Cookbook**

Tamara Field

AuthorHouse (December 1, 2013)



Summary:

I first heard of Milk Soy Protein Intolerance (MSPI) in January of 1997 at the office of a Pediatric Gastroenterologist who had just performed a procto-sigmoidoscopy and biopsy on my 7 week old son. He told me that Max's digestive problem was MSPI and that it would be much easier for me if I stopped breastfeeding now and put him on a special formula. Of course, at that moment my head was spinning; I had finally found out the reason my son had been screaming the first 7 weeks of his life and though I wanted to continue breastfeeding I did not want to cause him anymore pain. The Doctor told me that there was a diet I could follow to continue breastfeeding, but that it was very difficult to follow. Wanting to make the best choice for my son I stopped breast-feeding that day and started him on formula. In retrospect, the physician was right, even though I regret that I did not continue breastfeeding, with the demands of a new infant, and trying to figure out a complicated diet, would have been completely overwhelming. I knew though, that if I had any more children, I would try any diet possible in order to breastfeed. So, during the first few months of my pregnancy with my second son, Nate, I began preparing for the MSPI diet. Determined that I would not lack for good things to eat, and that I would find chocolate that was acceptable on this diet, I started shopping. Little by little, I found many alternatives for the food I previously enjoyed (the only exception being cheese!). I found chocolate, cake, brownies, casseroles, pasta, rice milk, rice, breads, fast food, eating out, and so much more, even a substitute for ice cream! It just took a lot of planning and a bit of ingenuity. This book is intended for the mother that has just heard her infant has milk soy protein intolerance and to begin the diet right away. This will help the mother find food she can eat, and thus continue breastfeeding her child.

Genre: Cooking

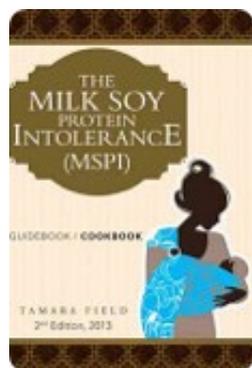
Number of Pages: 86

Language: English

ISBN: 9781491838099

Reading Status: Unread

Date Added: October 15, 2019



♥ **The Milk Soy Protein Intolerance (Mspi) Copy 3
Guidebook / Cookbook**

Tamara Field

AuthorHouse (December 1, 2013)



Summary:

I first heard of Milk Soy Protein Intolerance (MSPI) in January of 1997 at the office of a Pediatric Gastroenterologist who had just performed a procto-sigmoidoscopy and biopsy on my 7 week old son. He told me that Max's digestive problem was MSPI and that it would be much easier for me if I stopped breastfeeding now and put him on a special formula. Of course, at that moment my head was spinning; I had finally found out the reason my son had been screaming the first 7 weeks of his life and though I wanted to continue breastfeeding I did not want to cause him anymore pain. The Doctor told me that there was a diet I could follow to continue breastfeeding, but that it was very difficult to follow. Wanting to make the best choice for my son I stopped breast-feeding that day and started him on formula. In retrospect, the physician was right, even though I regret that I did not continue breastfeeding, with the demands of a new infant, and trying to figure out a complicated diet, would have been completely overwhelming. I knew though, that if I had any more children, I would try any diet possible in order to breastfeed. So, during the first few months of my pregnancy with my second son, Nate, I began preparing for the MSPI diet. Determined that I would not lack for good things to eat, and that I would find chocolate that was acceptable on this diet, I started shopping. Little by little, I found many alternatives for the food I previously enjoyed (the only exception being cheese!). I found chocolate, cake, brownies, casseroles, pasta, rice milk, rice, breads, fast food, eating out, and so much more, even a substitute for ice cream! It just took a lot of planning and a bit of ingenuity. This book is intended for the mother that has just heard her infant has milk soy protein intolerance and to begin the diet right away. This will help the mother find food she can eat, and thus continue breastfeeding her child.

Genre: Cooking

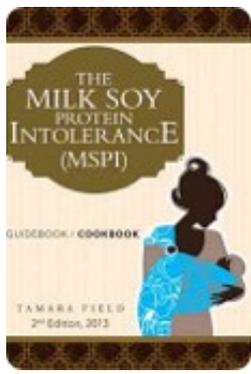
Number of Pages: 86

Language: English

ISBN: 9781491838099

Reading Status: Unread

Date Added: October 15, 2019



♥ The Milk Soy Protein Intolerance (Mspi) Copy 4 Guidebook / Cookbook

Tamara Field

AuthorHouse (December 1, 2013)



Summary:

I first heard of Milk Soy Protein Intolerance (MSPI) in January of 1997 at the office of a Pediatric Gastroenterologist who had just performed a procto-sigmoidoscopy and biopsy on my 7 week old son. He told me that Max's digestive problem was MSPI and that it would be much easier for me if I stopped breastfeeding now and put him on a special formula. Of course, at that moment my head was spinning; I had finally found out the reason my son had been screaming the first 7 weeks of his life and though I wanted to continue breastfeeding I did not want to cause him anymore pain. The Doctor told me that there was a diet I could follow to continue breastfeeding, but that it was very difficult to follow. Wanting to make the best choice for my son I stopped breast-feeding that day and started him on formula. In retrospect, the physician was right, even though I regret that I did not continue breastfeeding, with the demands of a new infant, and trying to figure out a complicated diet, would have been completely overwhelming. I knew though, that if I had any more children, I would try any diet possible in order to breastfeed. So, during the first few months of my pregnancy with my second son, Nate, I began preparing for the MSPI diet. Determined that I would not lack for good things to eat, and that I would find chocolate that was acceptable on this diet, I started shopping. Little by little, I found many alternatives for the food I previously enjoyed (the only exception being cheese!). I found chocolate, cake, brownies, casseroles, pasta, rice milk, rice, breads, fast food, eating out, and so much more, even a substitute for ice cream! It just took a lot of planning and a bit of ingenuity. This book is intended for the mother that has just heard her infant has milk soy protein intolerance and to begin the diet right away. This will help the mother find food she can eat, and thus continue breastfeeding her child.

Genre: Cooking

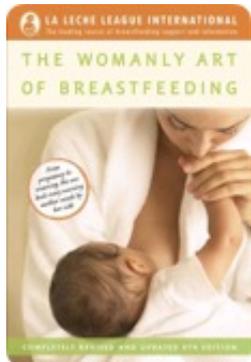
Number of Pages: 86

Language: English

ISBN: 9781491838099

Reading Status: Unread

Date Added: October 15, 2019



♥ The Womanly Art of Breastfeeding

Diane Wiessinger, Diana Lynn West, Teresa Pitman

Ballantine Books (2010)



Summary:

The long-awaited revised edition! 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.

Genre: Health & Fitness

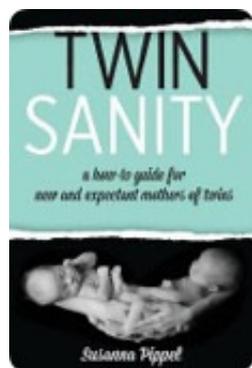
Number of Pages: 550

Language: English

ISBN: 9780345518446

Reading Status: Unread

Date Added: October 22, 2019



Twin Sanity

A How-to Guide for New and Expectant Mothers of Twins

Susanna Pippel

CreateSpace Independent Publishing Platform (December 17, 2016)



Summary:

An Air Force wife and mother of identical twins, Susanna teaches sanity-saving strategies to help parents handle the logistics of caring for multiples—even without having family nearby or hiring extra help. Sanity-saving topics include - Preparing for two babies—what parents really need to buy and where they can find it (without breaking the bank!) - Maternity wear for an expectant (and expanding) mom of two - Bed rest, labor, delivery, and the possibility of premies - Breastfeeding twins—yes, it can be done! - Sleep—how to get it sooner rather than later - The daily routine—the sanity-saving details that new parents crave about how they will successfully manage caring for two babies. With a master's degree in education and experience as a second grade and fifth grade teacher, Susanna understood how to manage a classroom, but found few resources on how to manage caring for two infants. Twin Sanity provides soothing encouragement to new and expectant parents of twins, both through practical, research-based how-tos and "I've been there, thought that, you're not going crazy" journal excerpts from when the author was an expectant mother of twins, herself. "Susanna's book was my go-to survival guide my first year of twin mommyhood." -Julie-Rose Tedrick "I wish I'd had this book when my twins were born! This is the best advice book for twins that I've seen. I highly recommend this book for any mom (or dad) expecting twins!" -Ellengray Schroeder

Genre: Health & Fitness

Number of Pages: 160

Language: English

ISBN: 9781537153087

Reading Status: Unread

Date Added: October 22, 2019

WORK. PUMP. REPEAT.

THE NEW MOM'S SURVIVAL GUIDE TO
REAPPEARING AND GOING BACK TO WORK



Jessica Shortall



Work. Pump. Repeat.

The New Mom's Survival Guide to Breastfeeding and Going Back to Work

Jessica Shortall

Harry N. Abrams (September 8, 2015)



Summary:

The practical, relatable, and humorous guide to surviving the difficult, awkward, and rewarding job of being a breastfeeding, working mom. Meet the frenemy of every working, breastfeeding mother: the breast pump. Many women are beyond "breast is best" and on to figuring out how to make milk while returning to demanding jobs. Work. Pump. Repeat. is the first book to give women what they need to know beyond the noise of the "Mommy Wars" and judgment on breastfeeding choices.

Jessica Shortall shares the nitty-gritty basics of surviving the working world as a breastfeeding mom, offering a road map for negotiating the pumping schedule with colleagues, navigating business travel, and problem-solving when forced to pump in less-than-desirable locales. Drawing on the war stories, hacks, and humor of working moms, and on her own stories from her demanding job and travel in developing countries, she gives women moral support for dealing with the stress and guilt that come with juggling working and breastfeeding. As she tells the reader in her witty, inspiring manifesto, "Your worth as a mother is not measured in ounces." 2015 Axiom Business Book Award Winner (Silver) in the category of Women/Minorities

Genre: Family & Relationships

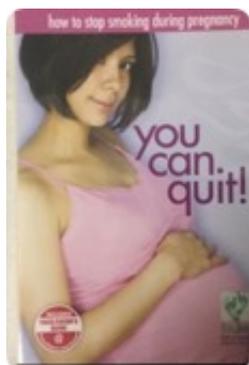
Number of Pages: 208

Language: English

ISBN: 9781419718700

Reading Status: Unread

Date Added: October 22, 2019



You Can Quit! (DVD)

How To Stop Smoking During Pregnancy

InJoy Birth & Parenting Education



Genre: DVD

Reading Status: Unread

Date Added: October 29, 2019