

Philips Avent Manual Breast Pump Instructions

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Nursing Mother, Working Mother Gale Pryor 2010 Essential reading for any woman who seeks to combine the roles of nursing mother and working mother. - William Sears, M.D., and Martha Sears, R.N., best-selling authors of The Baby Book A return to work doesn't have to mean the end of breastfeeding. In fact, continuing to nurse her baby is the working mom's best strategy for blending both sides of her life into a new and satisfying whole. In this fully updated edition of Nursing Mother, Working Mother, Gale Pryor and Kathleen Huggins provide essential advice on: Getting breastfeeding off to a good start; Pumping and storing breast milk; Establishing a pumping and feeding routine; Negotiating with an employer for private pumping space; Finding supportive child care; The legal rights of employees with regard to breastfeeding Praise for the first edition of Nursing Mother, Working Mother: "A how-to book from a mother who herself has accomplished the difficult but rewarding combination of working and nursing."

The Baby Bible Bec Judd 2018-04-24 What you're not expecting, when you're expecting Bec Judd has been pregnant quite a lot: three pregnancies, three deliveries and four gorgeous newborn babies. From

carrying a baby, delivering it, feeding it and raising it, Bec has experienced almost everything motherhood can throw at you and she wants to share the secrets and stories that she has learned along the way. Not to mention all those things about pregnancy, birth and motherhood that often come as a complete surprise. Join Bec and her dream team of experts (an obstetrician, a midwife, an ultrasound specialist, a women's health physio and a paediatric sleep specialist) as they take you month by month through your pregnancy. They will share their insider advice on the best ways to eat for two (or three!), stay in shape and get you and your baby sleeping well. This gorgeous, comprehensive handbook contains a wealth of honest, practical and sometimes hilarious advice to prepare you and your baby for life after birth.

Breastfeeding in Combat Boots Robyn Roche-Paull 2010-01-01

Breastfeeding in Combat Boots is a much needed resource for active-duty mothers and mothers-to-be, who are seeking information and support on how to breastfeed successfully while serving their country. Are you pregnant and in the military? Do you want to breastfeed, but just don't know how you can combine 12 hour shifts, training exercises, or deployment with breastfeeding your baby? Robyn Roche-Paull answers these questions and more in *Breastfeeding in Combat Boots - A Survival Guide to Successful Breastfeeding While Serving in the Military*. As a veteran of the United States Navy, mother of three breastfed children, International Board Certified Lactation Consultant, and La Leche League Leader, the author has helped many active-duty mothers breastfeed their babies. She has now compiled this knowledge into a comprehensive guide to help all mothers in the military breastfeed their babies successfully. Most services now have written policies in place to support breastfeeding and direct commanders to provide a place and time for pumping milk. However, even with the policies in place, military mothers face unique circumstances that can make breastfeeding successfully a challenge. This book was written to help military mothers overcome the challenges they face so they can provide the best nutrition for their babies. Some of the topics covered include: How do I get breastfeeding off to a good start in only six short weeks? Can I pump while in the desert for training exercises? Is my pump allowed onboard ship? Do I need to pump and dump if I've been exposed to JP-8? How do I deal with co-workers who do not support my pumping while on duty? These questions and more are answered in *Breastfeeding in Combat Boots*! In this book, the author provides military moms with insight into the rewarding and wonderful aspects of breastfeeding on active duty, while also giving a realistic look at the challenges that lay ahead. If

you are an active- d

Baby Bargains Denise Fields 2021-08-03 America's best-selling and best-loved guide to baby gear is back with an updated and revised edition! Yes, a baby book that actually answers the big question about having a baby: How am I going to afford all this? With the average cost of a baby topping \$7400 for just the first year alone, new parents need creative solutions and innovative ideas to navigate the consumer maze that confronts all parents-to-be. **Baby Bargains** is the answer! Inside, you'll discover: * **BEST BET PICKS** for cribs, car seats, strollers, high chairs, diapers and more! * **CHEAT SHEETS** for your baby registry--create a baby registry in minutes with our good, better, best ideas. * **SEVEN THINGS** no one tells you about baby gear, from nursery furniture to feeding baby. * **THE TRUTH ABOUT STROLLERS**--and which brands work best in the real world. * Dozens of **SAFETY TIPS** to keep baby safe and affordably baby proof your home. * **DETAILED CHARTS** that compare brands of cribs, high chairs, car seats and more. This new 14th edition adds the latest tips and advice on getting bargains on baby gear, including: Streamlined recommendations by parenting lifestyle, from a crib for space-challenged urban parents to an affordable car seat for Grandma's car. New recommendations for baby feeding, from baby food processors to storage ideas for homemade baby food. **BUDGET-FRIENDLY** picks for dozens of items, from high chairs to infant car seats. Expanded coverage of new baby gear items, like extra-large playpens, sleep soothers and more

Breastfeeding for Beginners Caroline Deacon 2002 This title aims to provide support for new mothers at the often trying and painful time of breastfeeding a new baby, with practical advice supplemented with illustrations. Parents and qualified NCT breastfeeding counsellors give detailed practical advice with useful tips and case studies. The book covers all areas of the subject, from the early days - coping with soreness, positioning, colic, night feeds, premature babies or twins - to returning to work and expressing milk. As research shows that breast is definitely best where mothers are able to breastfeed, it is crucial that they are given the right advice and support. This book should make the experience a rewarding and painless one.

The Breastfeeding Answer Book Nancy Mohrbacher 2005 The **POCKET GUIDE TO THE BREASTFEEDING ANSWER BOOK** is a necessity for anyone who works in the field of lactation. The information is up-to-date, in-depth, and easy to access, making it practical for quick reference, while its broad scope makes it a complete resource. When La Leche League International introduced **THE BREASTFEEDING ANSWER BOOK IN**

1991, breastfeeding counselors worldwide welcomed it as the most complete and comprehensive guide to helping mothers find answers to their breastfeeding questions. La Leche League International has done it again with the new **POCKET GUIDE TO THE BREASTFEEDING ANSWER BOOK**. This guide packs a tremendous amount of practical breastfeeding information in its small size. La Leche League International's Center for Breastfeeding Information, the world's most extensive collection of research related to breastfeeding was the primary source of scientific studies used for this comprehensive guide.

Peppa Pig Ladybird 2018-07 It is a very sunny day. Perfect for a game of cricket! Daddy Pig teaches Peppa, George and Suzy Sheep how to play cricket in the garden, followed by the most important part of the game - taking a break for tea and cake! Everyone loves cricket, especially Daddy Pig!

Go Milk Yourself Francie Webb 2017-09-20 Go Milk Yourself is an ode to the power inside each of us. What began as a journey to breastfeed her children became a new life's purpose for Francie Webb - help others to discover their own power through the hand expression of breast milk. This book is for lactating parents and anyone who supports them. This book is also for any human who could use a reminder that **YOU ARE ENOUGH**. Here you can learn the unique techniques of the Go Milk Yourself Method, read Francie's incredible journey from grieving teenager to viral bed birther, and find inspiration to jump-start your own new, all-the-more-badass life.

All-American Muslim Girl Nadine Jolie Courtney 2019-11-12 Nadine Jolie Courtney's All-American Muslim Girl is a relevant, relatable story of being caught between two worlds, and the struggles and hard-won joys of finding your place. Allie Abraham has it all going for her—she's a straight-A student, with good friends and a close-knit family, and she's dating popular, sweet Wells Henderson. One problem: Wells's father is Jack Henderson, America's most famous conservative shock jock, and Allie hasn't told Wells that her family is Muslim. It's not like Allie's religion is a secret. It's just that her parents don't practice, and raised her to keep it to herself. But as Allie witnesses Islamophobia in her small town and across the nation, she decides to embrace her faith—study, practice it, and even face misunderstanding for it. Who is Allie, if she sheds the façade of the “perfect” all-American girl?

Babies & Toddlers Kaz Cooke 2018-11-19 Now you have a baby, what are you going to do with it?! Kaz Cooke, the author of the bestselling pregnancy book *Up the Duff*, has you covered from your very first day with

a baby. With reassuring info, helpful suggestions, answers to your worries and quotes from Australian parents, *Babies & Toddlers* is backed by the professional advice of more than thirty medical and other experts. crying * sleeping * breastfeeding * bottle-feeding * health & body image for new mums * coping * developmental milestones * eating * common illnesses * fun stuff * safety * toilet training * tantrums (theirs and yours) * extra stuff for dads * and much, much more. Fun, practical and updated every year, *Babies & Toddlers* has everything you need to know about looking after babies and toddlers.

Bestfeeding Suzanne Arms 2012-09-04 For more than a decade, *BESTFEEDING* has been recognized by midwives, doctors, and nursing mothers as the definitive word on breastfeeding. The culmination of 60-plus years of hands-on experience from three dedicated and internationally respected authors, this newly updated classic blends academic knowledge, clinical expertise, and practical skills to educate first-time and experienced mothers alike. Mothers will find precisely the information they need to help their babies grow and thrive-physically and emotionally-as a result of breastfeeding. The book answers all questions a new mother may have, and it is fully illustrated with dozens of helpful photos and drawings that demonstrate all the dos and don'ts of breastfeeding. In addition to the basics, mothers will find tried-and-true solutions to both common and more unusual problems, as well as remedies for babies with special needs. With its sensitive and informed advice, *BESTFEEDING* is a supportive reminder of what women have always known: that breastfeeding is, quite simply, the best way to nourish a baby. • An illustrated guide to the basics of breastfeeding your baby, with more than 100 photos. • Topics include the benefits of breastfeeding for both you and your baby; posture and positions; medical and dietary concerns; and causes and solutions to numerous breastfeeding problems. • Revised and thoroughly updated with new information on feeding multiple babies and adopted babies, and a discussion of the emotional rewards of breastfeeding. • The first two editions have sold more than 120,000 copies.

The Nursing Mother's Companion, 7th Edition, with New Illustrations Kathleen Huggins 2017-05-01 Respected for over 30 years as the definitive guide, now more than ever, *The Nursing Mother's Companion* is the go-to guide every new mother should have at hand. Breastfeeding is natural, but it is not always instinctive for either mothers or babies. *The Nursing Mother's Companion* has been among the best-selling books on breastfeeding for more than 30 years, with more than 1 million copies sold. It is respected and recommended by professionals, including The

International Lactation Consultant Association, T. Berry Brazelton and The American Academy of Pediatrics, and is well loved by new parents for its encouraging and accessible style. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years, or somewhere in between. This fully updated and revised edition provides information on topics such as: Benefits of breastfeeding How to cope with breastfeeding obstacles and challenges Incorporating a nursing routine into working life Treating postpartum headaches and nausea Nutritional supplements to alleviate postpartum depression Sharing a bed with baby (co-sleeping) and the risk of SIDS Introducing solid foods Expressing, storing, and feeding breast milk Reviews of breast pumps You will also find Huggins's indispensable problem-solving "survival guides" set off by colored bands on the pages for quick reference, as well as appendices on determining baby's milk needs in the first six weeks and the safety of various drugs during breast-feeding. Plus, this edition opens with a new Foreword by Jessica Martin-Weber, creator of the very popular website The Leaky Boob and a new Preface by Kelly Bonata, creator of the go-to site KellyMom. These two much-loved authorities speak to the importance of owning an authoritative breastfeeding book that cuts through the jumble of opinions, information and misinformation on the web.

Discipline that Lasts a Lifetime Raymond Guarendi 2003 Author, counselor, broadcaster and dad, Dr. Ray Guarendi, offers parents practical advice about disciplining children to form their children's character and to teach them the basics of living, moral responsibility, and respect. A Servant Book.

After the First Six Weeks Midwife Cath 2018-08-29 Midwife Cath has delivered more than 10,000 babies over the last 40 years, but her care of mothers and babies doesn't end when they leave the hospital. She strongly believes that all families need ongoing support, particularly in their first crucial year of parenting. After the First Six Weeks is a follow-up to Midwife Cath's bestselling book The First Six Weeks. Week six is a major milestone for both babies and parents, and this comprehensive guidebook will provide a roadmap to 'what's next'-starting at six weeks and taking you through to the end of the first 12 months. Midwife Cath covers all the joys and challenges of your child's first year at home, focusing on such issues as breast and bottle feeding; the introduction of solids; sleep; growth and development; the importance of play; safety; and her Bath Bottle Bed (BBB) routine and how it evolves over these 12 months. Midwife Cath's invaluable experience and wisdom will help you establish routines that will

ensure a healthier, happier baby and better-rested, more confident parents.

Baby Bargains Denise Fields 2017-04-18 America's best-selling and best-loved guide to baby gear is back with an updated and revised edition! Yes, a baby book that actually answers the big question about having a baby: How am I going to afford all this? With the average cost of a baby topping \$7400 for just the first year alone, new parents need creative solutions and innovative ideas to navigate the consumer maze that confronts all parents-to-be. Baby Bargains is the answer! Inside, you'll discover: * **BEST BET PICKS** for cribs, car seats, strollers, high chairs, diapers and more! * **CHEAT SHEETS** for your baby registry--create a baby registry in minutes with our good, better, best ideas. * **SEVEN THINGS** no one tells you about baby gear, from nursery furniture to feeding baby. * **THE TRUTH ABOUT STROLLERS**--and which brands work best in the real world. * Dozens of **SAFETY TIPS** to keep baby safe and affordably baby proof your home. * **DETAILED CHARTS** that compare brands of cribs, high chairs, car seats and more. This new 12th edition adds the latest tips and advice on getting bargains on baby gear, including: Streamlined recommendations by parenting lifestyle, from a crib for space-challenged urban parents to an affordable car seat for Grandma's car. New recommendations for baby feeding, from baby food processors to storage ideas for home-made baby food. **BUDGET-FRIENDLY** picks for dozens of items, from high chairs to infant car seats. Expanded coverage of the price war on diapers--who's got the best deals now?

Breastfeeding Answers Made Simple Nancy Mohrbacher 2010

Breastfeeding Answers Made Simple: A Guide for Helping Mothers is the latest must-have reference from Nancy Mohrbacher, IBCLC, FILCA, coauthor of the Breastfeeding Answer Book and Breastfeeding Made Simple. This comprehensive, research-based counseling guide provides the answers to virtually every breastfeeding question and is organized in an easy-to-use two-column format so you can find the answers quickly when helping mothers by phone. This book explains what you need to know about both cutting-edge and classic breastfeeding research to most effectively help mothers. the international studie

Breastfeeding Ruth A. Lawrence 1999 Breastfeeding is a comprehensive clinical resource providing the information necessary to manage a nursing mother and child from conception through complete weaning. It will empower clinicians to provide thoughtful counseling and guidance to the breastfeeding family, stressing the importance of delivering care that is customized to each family's individual needs. The new fifth edition incorporates the latest information on infection, drugs in human breast

milk, and human lactation. By utilizing scientific, evidence-based data, Breastfeeding is an indispensable reference for anyone whose patients include breastfeeding women.

You Can Two! Jennifer Bonicelli 2018-11-27 The founders of the blog Two Came True deliver essential information and practical prep strategies to get expecting parents ready to discover the joys of twin parenting. From mental and emotional prep to feeding and everything in between, this action-oriented guide covers the broad spectrum of how to tackle the first few months after the babies arrive.

Teach Your Child to Sleep Millpond Children's Sleep Clinic 2020-06-25

"This book is a complete godsend for tired parents and children alike." -

Melissa Hood, founder of The Parent Practice "This baby and child sleep guide is the perfect combination of accessible science, Mandy's years of experience and a mother's warmth." -

Diana Hill, co-founder of Essential Parent "When feeling overwhelmed by tiredness and in need of real sleep

help, Millpond's new edition of Teach Your Child to Sleep is a much welcomed, well researched resource." - Rozanne Hay, International Association of Child Sleep Consultants

Millpond Children's Sleep Clinic has a 97 per cent success rate in resolving children's sleep problems.

Discover how to get your baby or child to settle easily and sleep well with step-by-step advice that gets right to the heart of the issue. See results in

2-3 weeks Adapt methods to your child's needs A wide range of situations covered

Gentle techniques that ensure lasting success This edition of

Teach Your Child to Sleep has been fully revised to reflect current practice in parenting and sleep solutions, with a new design and more than half of the photography refreshed.

Radiology in Global Health Daniel J. Mollura 2014-07-02 The World Health

Organization stated that approximately two-thirds of the world's population lacks adequate access to medical imaging. The scarcity of imaging

services in developing regions contributes to a widening disparity of health care and limits global public health programs that require imaging.

Radiology is an important component of many global health programs,

including those that address tuberculosis, AIDS-related disease, trauma, occupational and environmental exposures, breast cancer screening, and

maternal-infant health care. There is a growing need for medical imaging in global health efforts and humanitarian outreach, particularly as an

increasing number of academic, government, and non-governmental organizations expand delivery of health care to disadvantaged people

worldwide. To systematically deploy clinical imaging services to low-

resource settings requires contributions from a variety of disciplines such

as clinical radiology, epidemiology, public health, finance, radiation physics, information technology, engineering, and others. This book will review critical concepts for those interested in managing, establishing, or participating in a medical imaging program for resource-limited environments and diverse cross-cultural contexts undergoing imaging technology adaptation.

Bliss 2008 2007-09-01

Aviation Maintenance Technician Handbook-airframe, Ebundle Federal Aviation Administration 2013-04-03 Trade Paperback + PDF eBook version: Trade paperback book comes with code to download the eBook from ASA's website. This new FAA AMT Handbook- Airframe Volume 2 is one of two volumes that replace and supersede Advisory Circular (AC) 65-15A. Completely revised and updated, this handbook reflects current operating procedures, regulations, and equipment. This book was developed as part of a series of handbooks for persons preparing for mechanic certification with airframe or powerplant ratings, or both - those seeking an Aviation Maintenance Technician (AMT) Certificate, also called an A&P license. An effective text for both students and instructors, this handbook will also serve as an invaluable reference guide for current technicians who wish to improve their knowledge. Airframe Volume 2 contains: Aircraft Instrument Systems, Communication and Navigation, Hydraulic and Pneumatic Power Systems, Aircraft Landing Gear Systems, Aircraft Fuel System, Ice and Rain Protection, Cabin Environmental Control Systems, Fire Protection Systems. Includes colored charts, tables, full-color illustrations and photographs throughout, and an extensive glossary and index.

When the World was Waiting for You Gillian Shields 2020 Illustrations and simple rhyming text tell the story of a family of bunnies anticipating the birth of a new baby.

Work. Pump. Repeat. Jessica Shortall 2015-09-08 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.”

Bestfeeding Mary Renfrew 2000 This guide can help mothers get breastfeeding right for them and their babies. Includes information on establishing breastfeeding in the early days and weeks and resolving problems quickly and easily. Photos and illustrations.

Breastfeeding Amy Spangler 2006

Bluey: My Mum Is the Best Bluey 2023-02-02 Bluey and Bingo love their mum, and she loves them! They do all sorts of fun (and not as fun) things together, like scooter rides, dancing and reading bedtime stories. Discover all of Chilli's special mum skills in this touching and humorous book. What other adventures will you go on with Bluey? Also Available: **Bluey: Grannies Bluey: Charades Bluey: Typewriter Bluey: Bob Bilby Bluey: Bingo**

The Baby Cheapskate Guide to Bargains Angela Wynne 2012-05-01 How to get everything you need for your new baby—without breaking the bank. When Angela Wynne started preparing for her baby's arrival, she was overwhelmed by all the must-haves she supposedly needed. She quickly discovered that the average American family can expect to shell out more than \$23,000 for the first two years of the baby's life. Daunted by the cost of having a baby, Angela soon realized she had a gift for ferreting out the best bargains—and decided to share her findings with other parents online, with her uber-successful blog BabyCheapskate.com. And now, in **The Babycheapskate Guide to Bargains**, she gives you must-have advice on buying the best for your baby for less. You'll learn:

- What you need for your baby—and what you don't need
- The principles of shopping smart
- Where to find great deals on baby products, both online and off
- How to use social media to find bargains and get advice
- How to demystify couponing and other “insider” savings techniques
- And much, much more

Outlining easy-to-follow, effective saving strategies, this indispensable guide takes the financial guesswork and all the unwanted stress out of planning for a baby.

Crinkly Book of Aussie Animals 2013 Discover Australian birds and their habits. Crinkly material and simple contrast illustrations designed for sensory stimulation and development. Part of the Crinkly Book of Aussie Animals series which includes *From the Bush*, *From the Nest*, *From the*

Ocean and From the Outback.

The Pediatrician's Guide to Feeding Babies and Toddlers Anthony Porto 2016 A comprehensive manual for feeding babies and toddlers during the first years of life.

Consumers Index to Product Evaluations and Information Sources 1999
The Complete Book of Breastfeeding, 4th edition Laura Marks 2010-09-02
The Complete Book of Breastfeeding is a recognized classic in its field. Now it's been completely revised and updated in a new fourth edition—non-doctrinaire, informative, and friendly, it is the most accessible and authoritative book, as much required reading for expecting and new mothers as a pregnancy guide and baby name book. All healthy mothers should consider breastfeeding for the first year of a baby's life, according to the American Academy of Pediatrics, and this is the book that will help women give their babies the healthiest start possible. Written by Sally Wendkos Olds and a new co-author, Laura Marks, M.D., The Complete Book of Breastfeeding, Fourth Edition offers a comprehensive introduction to breastfeeding—how to get ready before the baby arrives; how to involve fathers and siblings; and the best diet and foods for mom. There are sections on dealing with problems at the hospital; extensive information on exclusive pumping (EPing); the best systems for giving supplementary bottles to a breastfed baby; the safest sleep scenarios for babies; breastfeeding in public, including laws affecting breastfeeding mothers. New data about preterm infants is presented, and special situations—multiples, breast cancer, overweight and large-breasted women, breast surgery, tattoos and piercings—are also discussed in detail. An expanded chapter on weaning features sections on breastfeeding past infancy. Also new is an appendix of online resources.

Romancing the Throne Nadine Jolie Courtney 2017-05-30 Scandal, secrets, and heartbreak abound in this juicy, modern girl-meets-prince story—perfect for fans of Stephanie Perkins and Jennifer E. Smith. "Maybe sisters aren't supposed to fall for the same guy, but who can mess with chemistry? A divine romantic comedy" (Brightly.com). For the first time ever, the Weston sisters are at the same boarding school. After an administration scandal at Libby's all-girls school threatens her chances at a top university, she decides to join Charlotte at posh and picturesque Sussex Park. Social-climbing Charlotte considers it her sisterly duty to bring Libby into her circle: Britain's young elites, glamorous teens who vacation in Hong Kong and the South of France and are just as comfortable at a polo match as they are at a party. It's a social circle that just so happens to include handsome seventeen-year-old Prince Edward,

heir to Britain's throne. If there are any rules of sisterhood, "Don't fall for the same guy" should be one of them. But sometimes chemistry—even love—grows where you least expect it. In the end, there may be a price to pay for romancing the throne...and more than one path to happily ever after.

The Ugly Duckling Rosie Greening 2017

How to Handle Your Hormones Ginni Mansberg 2013 Offers readers an easy to follow, evidence based scientific approach to rebalance hormones, regain vitality, reverse hormonal weight gain, and look their very best.

BABY EINSTEIN MY FIRST LIBRARY 2021-09

Look Inside How Computers Work Alex Frith 2016-06-20 Find out what goes on behind the screen, beneath the keyboard and inside the electronic "brain" of a computer.

Windows 10 David Pogue 2018-07-15 "Microsoft's last Windows version, the April 2018 Update, is a glorious Santa sack full of new features and refinements. What's still not included, though, is a single page of printed instructions. Fortunately, David Pogue is back to help you make sense of it all--with humor, authority, and 500 illustrations."--Page 4 of cover.

Working and Breastfeeding Made Simple Nancy Mohrbacher 2014-07-22 With its evidence-based insights, Working & Breastfeeding Made Simple takes the mystery out of pumping and milk production. Written by an international breastfeeding expert, it puts you in control of your own experience with straightforward explanations of how milk is made and what you can do to reach your own best level. Whether your maternity leave is long, short, or in between, it includes what you need to know every step of the way. New concepts such as "The Magic Number" explain how to tailor your daily routine to your body's response. It also includes pumping strategies that can increase your milk yields by nearly 50%. Tips from employed mothers provide the wisdom of hindsight. No matter what your work setting or whether you stay close to home or travel regularly, this book provides the essentials you need to reach your personal breastfeeding goals

Breasts: A Natural and Unnatural History Florence Williams 2012-05-07 A 2012 New York Times Notable Book A 2013 Los Angeles Times Book Award Winner in the Science & Technology category An engaging narrative about an incredible, life-giving organ and its imperiled modern fate. Did you know that breast milk contains substances similar to cannabis? Or that it's sold on the Internet for 262 times the price of oil? Feted and fetishized, the breast is an evolutionary masterpiece. But in the modern world, the breast is changing. Breasts are getting bigger, arriving

earlier, and attracting newfangled chemicals. Increasingly, the odds are stacked against us in the struggle with breast cancer, even among men. What makes breasts so mercurial—and so vulnerable? In this informative and highly entertaining account, intrepid science reporter Florence Williams sets out to uncover the latest scientific findings from the fields of anthropology, biology, and medicine. Her investigation follows the life cycle of the breast from puberty to pregnancy to menopause, taking her from a plastic surgeon's office where she learns about the importance of cup size in Texas to the laboratory where she discovers the presence of environmental toxins in her own breast milk. The result is a fascinating exploration of where breasts came from, where they have ended up, and what we can do to save them.