

You can greatly increase your success in breastfeeding by learning about it and starting to prepare now. As soon as you know your pregnant; start reading. There are many good resources on the web and the books I recommend are listed below.

Anytime in your pregnancy, come to our breastfeeding class or schedule a a breastfeeding assessment so that you can be given hands on instruction and learn about pumping and storing colostrum and milk.

Some of the things you will learn are:

Putting the baby to breast in the first hour after birth, the perfect latch and learning the hand expression technique that are essential to the most successful experience. How to: positioning, signs of good feeding, what's in a diaper? Nipple care, managing engorgement and problem solving, when to see a doctor.

When YOU Breastfeed YOUR Baby;

You will recover better and faster from childbirth, with less bleeding and discomfort. You pass nutrients, hormones and immunities to your baby that will benefit them for years to come. Breastfed babies are healthier and recover quickly from common childhood illnesses. The bonding time is irreplaceable, they grow so fast and nursing helps babies excel developmentally. You save time, money and energy. You increase your chances of avoiding all types of female cancer.

Ina Mae's guide to Breastfeeding, Gaskin  
Nursing Mother's Companion, by Kathleen Huggins  
The Womanly Art of Breastfeed, LLL