

LII Breastfeeding Answer Book

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LII Breastfeeding Answer Book

Breastfeeding includes pumping or expressing milk ... for up to 8 hours or in a cooler for longer periods (Morbacher N & Stock J. (2002). La Leche League Answer Book: 188). An insulated bag or cooler ...

Breastfeeding Guidelines

I can't really give you a good answer ... of the La Leche League International magazine, New Beginnings. Call the Lactation Institute for more information on the M-S-S technique (818/995-1913), or ...

Would a certain pump help me express more milk?

What is the lactational amenorrhea method? It has long been observed that breastfeeding delays

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the return of menstruation in new moms. The lactational amenorrhea method (LAM) is a natural birth ...

Lactational amenorrhea method (LAM)

“There should be a lot of support for new mums who want to establish breastfeeding.” Helen first thought of writing a book on the ... milkandmummy.com and the La Leche League international ...

Mother uses her experience of breastfeeding to pen children's book

Breastfeeding and Caring for Twins or More!, published by Le Leche League International, is a must-read. “This book actually gave me more insight than any book I’ve read,” Graham told her ...

Ashley Graham Recommends These Two Books As She Prepares to Welcome Twins

La Leche League began with a group of seven mothers who simply wanted to help each other deal with the sometimes difficult task of breastfeeding. Today, LLLI has 12,000 chapters in 43 countries ...

Marian Tompson Advocates for Home Birth Rights

When she was finally asked that question, her answer was breast-feeding ... this may also be a contributing factor in the “losing-the-baby-weight game.” In the book “Nutrition during Lactation” by the ...

Do You Really Lose Weight from Breast-feeding?

I've had quite the response from my last two posts that hit on the emotionally-charged issue of taking anti-depressants while pregnant and/or breastfeeding ... Her latest book, “Even June Cleaver ...

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