

Many mothers may want to breastfeed their babies, but don't think that they can after they go back to work. This book is here to show you that it can be done! Breastfeeding is not just for stay-home moms, and it can provide a precious connection to your baby when you have to be apart. *Working Without Weaning* gives you step-by-step guidance for all of the little road bumps the working and breastfeeding mom needs to get over, including:

- ☞ Talking to your boss about (gasp) breastfeeding in language they'll understand
- ☞ Figuring out the time and place to pump during the day
- ☞ Maintaining your milk supply when you are pumping
- ☞ Choosing the best pump for your needs
- ☞ Storing and feeding breastmilk from a bottle
- ☞ Getting enough rest when you have work all day and baby all night
- ☞ Keeping balance in your life
- ☞ Supplementing without weaning

And most importantly, how to preserve your breastfeeding relationship with your baby for the times you are together.

About the author: Kirsten Berggren has a PhD in Anatomy and Neurobiology, and has been a teacher most of her life. From teaching her younger brothers how to walk to explaining Neurophysiology to medical students, she loves to explain things and help people figure out easier ways around problems. Her clear language and easy style make this book not only the most informative on the subject, but also an enjoyable read.

Breastmilk is the food nature intended for your baby, let's make it work for you.

 **Hale
Publishing, L.P.**
1712 N. Forest St.
Amarillo, Texas 79106, USA
www.iBreastfeeding.com

Barcode

Working without Weaning:

A working mothers' guide to breastfeeding Kirsten Berggren, PhD, CLC

Working *without* Weaning:

A working mothers' guide to breastfeeding



Kirsten Berggren, PhD, CLC