



The Ultimate Breastfeeding Book of Answers : The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America

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An Amazing Resource for Nursing Moms

Although breastfeeding is the natural and healthy way to nourish your baby, it's not always easy. Many new mothers are scared away from nursing because of difficulty getting started and lack of information about what to do when things don't go as planned. In this fully revised and updated edition of The Ultimate Breastfeeding Book of Answers, two of today's foremost lactation experts help new mothers overcome their fears, doubts, and practical concerns about one of the most special ways a mother can bond with her baby.

In this comprehensive guide, Dr. Jack Newman, a leading authority on infant care, and Teresa Pitman, a La Leche League leader for more than twenty years, give you the facts about breastfeeding and provide solutions for the common problems that arise. Filled with the same practical advice that made the first edition a must-have for nursing moms, the new edition features updates on:

- Achieving a good latch
- What to do if your baby refuses the breast
- Avoiding sore nipples
- Ensuring your baby gets enough milk
- Feeding a colicky baby
- Breastfeeding premature and special-needs babies

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Jennifer Mohtashami says

This is an excellent book to read if you're already convinced you want to breastfeed your baby. If you are on the fence, however, you might want to start with a book that is a little less ... judgmental. Dr. Newman is a seasoned breastfeeding advocate and caregiver, but he can sometimes come across as if breastfeeding is THE ONLY way to responsibly feed a baby. He also STRONGLY emphasizes the importance of "the latch," or the method by which your baby attaches to the breast to feed, and how adequately he or she is able to get milk during a feeding. While it's clear to me that a latch is a critical part of a successful breastfeeding experience, it's not the only component that's important.

While I learned a great deal from this book as a breastfeeding mother, I was surprised by just how much information ISN'T included, such as a simple diagram of the cross-section of a breast, showing milk ducts and passages, etc.

Lintang Dwi says

Ini buku yang udah lama kuidam-idamkan, tapi belum jadi aja beli.
ehh..alhamdulillah malah dapet buku ini sebagai hadiah Quiz harian terbaik waktu Pelatihan Konselor Laktasi 40 jam di RSUD Koja.. rejeki, emg gak kemana..

Buku ini bagus banget untuk jadi pegangan para ibu, calon ibu, tenaga kesehatan, atau siapapun yang perlu info seputar menyusui. Newman memberikan jawaban tentang kasus-kasus yang biasa terjadi, penyebab dan penanganannya. Enak dibaca bahkan oleh orang yang awam tentang kesehatan.

Menyusui adalah fitrah seorang wanita, namun tak selamanya mudah untuk dilakukan bila tidak didukung dengan pengetahuan yang memadai.

It a must read book for mothers!

Holly says

This is the ONLY book that can help you breastfeed your baby if you have had unusual problems. I had every unexplainable problem after my first baby and was told I probably couldn't breastfeed her. Determined to breastfeed my second baby, I read every book on breastfeeding that I could find; about 15! This is the only book that even mentioned the symptoms I had, Raynaud's Phenomenon, and after 5 weeks I was finally able to successfully breastfeed my second baby. Every expecting mother needs to read this book.

Melissa says

The version of this that I read was from 2000 so it's a bit dated now; rather than getting samples of Enfamil from my doctor, he's practically threatening to take my child away if I don't give him the boob (Edited to clarify: give my son the boob, not the doctor). The best part? Formula company pamphlets for new moms that show the breast-feeding mother with her shirt wide open, lady parts akimbo, and no wedding ring, while the formula mother sports a Madonna smile, a sassy but restrained jumper, and one helluva diamond on her left hand.

I've been reading a lot of *interesting* stuff lately.

Chantel says

I was trying to induce lactation for an adoption utilizing the Newman-Goldfarb Protocol. I got most of my information from asklenore.com (She's Goldfarb in the Newman-Goldfarb Protocol) and got this book as a back-up source to cite when dealing with professionals I was discussing induced lactation with. I had this book on hand and read some sections but hadn't gotten it read completely before the adoption fell through. The book might be great for someone who needs it but it is on a topic that I no longer need or want to read about.

Rindy Girl says

Dr. Newman runs a breastfeeding clinic and has had many years experience at helping new mothers with breastfeeding. His book has a great overview of general breastfeeding and it also contains much more in depth information for specific conditions and concerns. Overall I found the book to be very informative and helpful. It listed lots of how-to's and alternatives to try should a new mom be faced with a breastfeeding difficulty. The book was a bit repetitive with some of the information; however, I believe Dr. Newman's goal here was to really bring home some important points such as the importance of a good latch from very early on. The book has great information about the importance of breast milk and the differences between breast milk and formula, which I think a lot of people do not realize due to heavy false advertising by the formula companies. If you are unsure of whether you want to breastfeed, this book will definitely convince you that you do!

Sonya Feher says

The Ultimate Breastfeeding Book of Answers is a helpful guide to breastfeeding. Both the table of contents and index are detailed and will help people look up specific answers to just about anything that arises. This book would be a great help for mamas who want to learn to breastfeed, or women who have been breastfeeding and have issues come up, like teething strikes or maternal illness. I would recommend this book to pregnant women so they can prepare, as well as families of women who are breastfeeding. Having support, especially from partners and parents-in-law, goes a long way to creating a successful breastfeeding relationship.

Ransom says

This book has a ton of information about breastfeeding - more than I had a clue I didn't know when I started. I wish I'd read it earlier (like, before my daughter was born to prepare).

There are a couple reasons I didn't give this 5 stars, and they're small. While this book is comprehensive about any problem that might come up, there is a bit of a condescending attitude. The author talks about women who are unable or unwilling to breastfeed and thinks they ought to feel disappointed that they don't have that experience. There are also a few repetitious phrases: "Babies learn to breastfeed by breastfeeding." I think he used this about a hundred times in the book (or it felt that way.)

I'd still recommend it because of the awesome information it holds. I learned a LOT and it has helped me about as much as the lactation consultants.

Lindsey says

The title absolutely says it all. There is not another BFing book that has more information. Not only that, but Dr Newman offers his website as additional info, and he says you can contact him through the site. Ok, a lot of people say that. I was more than a little surprised when I received an answer from him about a problem I was having....within hours. The book, along with much perserverance, helped me to continue BFing my son, and allowed me to finally diagnose a problem that had plagued me with both boys, and ended that bond with my first son. Fabulous book.

Stephanie says

It's slightly ironic that this breastfeeding expert (Dr. Newman) doesn't have a set of breasts himself. That aside, the man really knows what he's talking about. This book has helped me through mastitis, thrush, sore nipples, and a crash in my milk supply, to be able to go on and nurse my baby past his first birthday.

The truth is, as well-intentioned as most pediatricians and O.B.s are, many of them know very little about breastfeeding. I know lots of moms who go in seeking help, and end up with bad information or none at all. If read widely, this book could help bridge the gap between those who want to breastfeed and those who are able to do it successfully.

Rosalia says

The Ultimate Breastfeeding Book of Answers, by Dr. Jack Newman and Teresa Pitman, is a collection of medical information, advice, and anecdotes aiming to address problems and concerns new breastfeeding mothers have on a wide range of subjects, from jaundice to taking medication while breastfeeding to correcting a poor latch. Each subject is explained in depth, often illustrated with examples from Dr. Newman's breastfeeding clinic.

The book is a treasure trove of information. It gave me a sense of confidence about my own ability to breastfeed even before our son was born, and provided a reassuring voice in the back of my mind through the first miserably sleepless nights when I wondered whether this was really going to work. I have an acute case of desiring to know how and why everything works, and TUBBoA provided surprisingly detailed answers to all of my questions. For the mom-to-be who knows that she is committed to breastfeeding her child but wants more information, this book will be a valuable addition to the bookshelf.

For the new mother who is still on the fence about breastfeeding, though, TUBBoA may be off-putting; the authors can come across at times as condescending and judgmental toward women who choose to formula feed. There is also an undertone of negativity toward maternity wards, hospital nurseries, and pediatricians, as they make sure to prepare women to fight with hospital staff for the ability to breastfeed. I understand that in some hospitals the attitudes toward breastfeeding may not have changed as much in the past 20 years as it has in others, and I did interact with at least one nurse during our hospital stay who was definitely with the old guard, but aside from a few isolated incidents the hospital staff we worked with were overwhelmingly supportive of breastfeeding; it left me rather disappointed that the book put so much effort into inculcating the impression that I would have to fight to be allowed to breastfeed the way I wanted to, which simply did not turn out to be the case.

If you are breastfeeding or know that you are going to breastfeed, I can confidently recommend *The Ultimate Breastfeeding Book of Answers*; you will likely be pleasantly surprised by how many of your questions will be clearly and comprehensively answered! If you are still not sure, though, perhaps you should consider looking for a book with a less combative style for your introduction to the topic.

<http://damihisanctitiam.blogspot.com/...>

Shelley says

A great book for breastfeeding moms with a technical/scientific "need to know" nature. If a mother is looking for lots of technical detail/or and in-depth descriptions, this book gives her plenty of both.

It can also be very reassuring to new mothers struggling with challenges involving doctors or repeated visits to a lactation consultant. The chapter on jaundice, for example, helped us ask more informed questions of our child's ped and then make decisions for ourselves that we felt comfortable with.

Dr. Newman's website is also a great resource. Check out some of his "how to" videos on latching and breast compression.

Molly says

6/8: My little bear is five months old and feeding with quite healthy energy. So much so that I pump about ten or so extra ounces a day and am collecting it to donate to Mother's Milk, an organization that processes excess maternal milk for preemies and others who might need breast milk for their wee ones. I admit, I was skeptical starting this book when it's written by a man (a man! a breastfeeding book! what can he know! he doesn't have the experience!) but then I read the intro and got bleary-eyed by his conviction at how crucial it is for a woman to have a right to breastfeed and have rights to b.f. when at all possible (mentioning custody

trials, medication and surgeries, breastfeeding in public, etc.). I'm not sure what I'll learn that I don't already know, but I picked this up before pregnant and when considering training to be a doula, and I've vowed to still read all of those books, whether or not I get a chance to doula-certify.

7/25: This book is certainly heavy with information and would be very helpful for a post-partum doula, though as a lay reader, even one who is working on a manuscript about (in)fertility in which nursing plays a crucial role in the last section (celebrations of the body's successes), I'm not sure I needed to commit to finishing this up. As it stands, there are a little over a hundred pages, and, unfortunately, I am possessed by the quirk that I need to finish any book I start. So I continue, weighted with plenty of information, grateful things have gone so smoothly for me.

8/1: Getting closer to the end and closer to where I am with breastfeeding. Maya turns seven months old in a few days and we've begun to explore the world of "solid" food and not without stumbling. I appreciated the commentary on the inclusion of actual solid foods--Maya has now had bits of chicken and turkey and tasted lobster bisque. I feel a bit less fearful of all the warnings in food allergies, etc., especially since there is only one food allergy in our family and we shouldn't be as nervous as we have been. I was also interested in his take on drinking and breastfeeding--how the milk reflects the blood levels, so a person with .08 blood alcohol has .08% alcohol in her milk (not the 5% we might assume after having a beer, etc.)--though, to be fair, a baby's tolerance is far different from an adult's, and the author does point out that the qualm isn't with the levels in the milk so much as the ability to care for a child if you've had so much to drink. Moderation, all of that. The same with medication and medication's warnings--this is always best decided with a physician but remember warnings are placed to prevent lawsuits, etc. My own doctors have been phenomenal in respecting my desire to continue breastfeeding; I've had a few physical woes (including surgery) since I had my kiddo, and only once have I not found a solution to the problem because I can't take the medication while breastfeeding. My doctor's first happens to be three hours younger than my first, so she's got some serious sympathy for me, and we're friends, but I have a feeling she'd still be respectful of my desire to hold off on treatment until the breastfeeding relationship has come to a satisfactory close and she's referred me on to see if a specialist can help find a more appropriate solution.

8/21: Hugely comprehensive. The last section on feeding the older baby and toddler was good; this is the territory I'm most curious about and now I know that it's unwise to exclusively breastfeed past nine months (I've been integrating foods, but she's just not as enthusiastic as I'd hoped, though getting much better these past few days). And I'm becoming more confident and comfortable with breastfeeding in public, though this topic was hardly touched upon, which makes sense, as this isn't a book on the social issues in regards to breastfeeding but the health realities and the troubleshooting.

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